



Healing Traditions | Ammie Bowman CHHP / ATP | 827 W. Prairie Ave., Hayden Idaho 83835 | 208-243-9613

An Unexpected Life



So why natural medicine? Well some people are born with a passion. Others acquire it over time. For me it was a life changing event that opened my mind and heart up to a lifetime pursuit.

I was a premature birth and weighed barely one pound. I was not expected to survive long. I struggled to hold on to life and faced many health challenges as a child and a young woman. I was given little hope of having a healthy life. Western medicine seemed unable to provide much in the way of long term results and the care was more about comfort than cure. Someone recommended a Naturopath Doctor offering alternative and complementary medicine and my world changed and a passion was born. I knew I had to learn more about holistic care.

I have spent the better part of my life as a holistic medicine practitioner helping where I could, teaching where I can, and researching to stay abreast of new developments in Holistic & Natural Medicines.

Over my long career I have seen so many lives transformed. Skeptics have become converts, and many of them have become lifelong friends. So if you are looking for a new pathway to a more natural and complete solution for better health and overall wellness, I am here to help.

Ammie Bowman

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