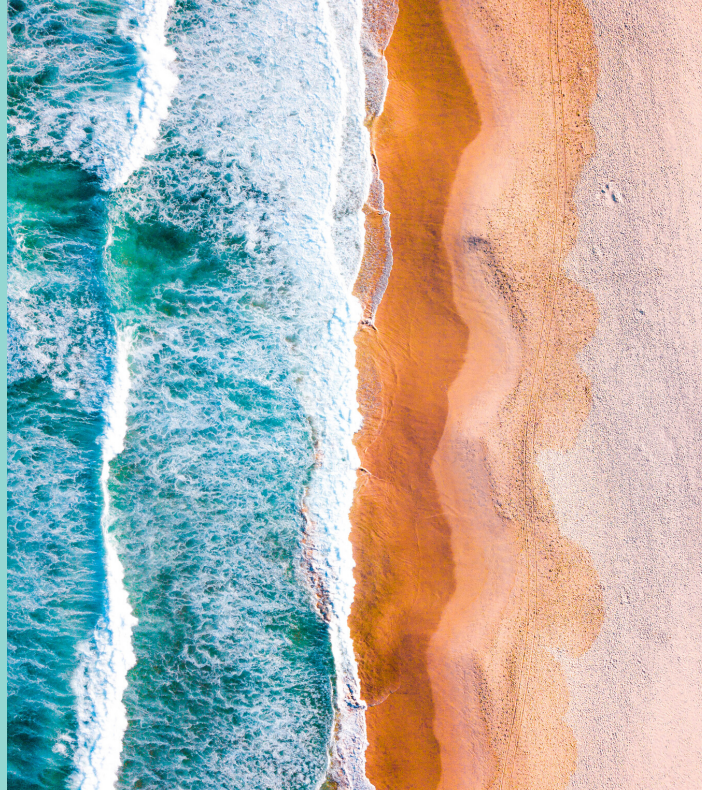




WE STRIVE TO  
EMPOWER PEOPLE.  
INSTEAD OF TRYING  
TO FIX THEM. WE USE  
A LISTENING  
APPROACH TO  
SUPPORT AND  
ENCOURAGE THE  
NATURAL  
HEALING PROCESS.



# WOAH MEDICINE

Whole Body Wellness  
with Lianne Aglietti, ND.



## CONTACT US

[www.woahmedicine.com](http://www.woahmedicine.com)



## WHO WE ARE

We believe in changing the paradigm for health. There is a different way to approach healing that views the person as a whole and not a constellation of symptoms; thereby, treating the person and not the disease. As a body centered healing practice, we strive to embody the innate wisdom of nature through the art of naturopathy. By renewing our responsibility for health, we are empowered to heal naturally, anywhere, anytime; hence, the origin of the name Work Out At Home. It is what we do at home, that encourages the integration of true healing.

STILLNESS  
POWER  
PEACE

## OUR SERVICES

### NATUROPATHIC MEDICINE

Compassion for ourselves and each other, gives us the chance to change the paradigm of health. Through therapeutic connection and relationship, let's work together to find the most optimal health for your life, meeting you where you are and encouraging accessible treatment options including; standard of care, herbal medicine, homeopathy, physical medicine, nutrition, exercise, and lifestyle coaching.

### GENTLE BODYWORK

Using gentle light touch manual therapies, let's work together to improve movement patterns, blood flow, strength, and energy. Modalities include NMT, swedish massage, myofascial release, cranial sacral therapy, Ortho-Bionomy, visceral techniques, and Reiki energetic healing..

### HOLISTIC PERSONAL TRAINING

Learning to practice mindfulness during movement can help us listen to our bodies and individualize our own exercise prescriptions.

Using functional exercise and orthopedic rehabilitation, we can find the proper form and intensity that works for you.

### SERVICE VALUES

The root of all medicine is to move the blood.

When these modalities are applied with the intention of curiosity, it is possible to create a space for healing that is unique to each individual. Knowledge is power and we believe everyone deserves access to it.