Renee Waters ND, naturopath shares her holistic lifestyle with grateful clients

Confucius once said, “Life is really simple, but we insist on making it complicated.”

Renee Waters, ND whole‐heartedly agrees, especially when it comes to our health. As

the Fond du Lac naturopath behind The Country Doctor since 1984, she has spent the

last 28 years endorsing the value of natural, simple living.

She preaches the importance of drinking pure water, breathing fresh air, exercise,

eating an abundance of fruits and vegetables, supplementation when necessary,

detoxification, expressing emotions in a supportive way, nurturing a spiritual belief

system and taking care of and pampering the body with rest and bodywork when

needed. Nothing complicated there.

This, in fact, is the very framework of naturopathy – healing will occur naturally in the

human body if it is given what it truly needs, as above. The emphasis is on helping the

body establish its own state of good health, over just finding disease and killing it.

(However, this is not to the total exclusion of allopathic treatment. That has its place.)

So, instead of just suppressing symptoms, naturopathy looks to eliminate the original

cause, so the symptom doesn’t return later in a chronic form.

As a naturopath, Waters takes seriously her duty to follow the basic principles of the

practice: do no harm; recognize the healing power of nature; find and eliminate the

cause; teach health; honor the total person; and prevent disease.

An avid follower of self‐help guru, Louise Hay, Waters has learned the importance of

taking care of the emotional part of the body. “There is an effect on the body if you

don’t nurture your emotional self,” confirms Waters. “It is not healthy to bury your

emotions. Holding in anger, resentment, past hurts and such, will ultimately result in

physical implications,” she adds. This she has learned from personal experience. After

years of holding in negative emotions, Waters developed early stage breast cancer, and

has learned the value of emotional release firsthand to relieve what was eating at her

emotionally.

It is not surprising in today’s fast‐faced, stressful world that people simply do not take

the time to deal with inner turmoil and show themselves compassion and love. Waters

draws upon both her nursing/medical background and creative, artistic talent as she

continues to develop offerings that will facilitate people’s self‐nurturing and overall

health.

Among her many services, Waters specializes in therapeutic bodywork, herbal medicine

and emotional release work. Foot reflexology is at the heart of her practice. Starting out,

this was Waters’ original offering; and her business slowly grew from there. Now, The

Country Doctor since 1984 offers an extensive menu of services, including:

Emotional Freedom Technique (EFT)

EFT, or tapping, is a form of psychological acupressure. It focuses on the body’s unique

energy and the circulation of that energy. “By smoothing out disruptions in the flow of

energy in the body, clients not only enjoy more rational emotional responses but also

relief from many physical ailments,” explains Waters. Practitioners work with the body’s

acupoints, all 360 of them, which, when stimulated, send messages to the brain. The

emotion and energy centers are targeted.

Reflexology

This service is offered to relieve stress, stimulate deep relaxation, improve blood supply

and promote the unblocking of nerve impulses to balance the entire body. Joanne

Bunkelman, of Fond du Lac, can attest to the benefits of reflexology. She has been

seeing Waters for 15 years in an attempt to better manage her blood sugar levels. She

admits that she was skeptical at first, not sure what to expect; but after that initial

appointment, she was hooked. “It really helps keep my blood sugar under control,” she

says. “I started on a weekly basis, then moved to biweekly and now I go on a monthly

basis for maintenance. It makes a big difference!”

Bunkelman has avoided many of the complications that diabetics are susceptible to. “I

have had no foot problems, no immune system issues and no problems with wound

healing,” she explains. “It is amazing to me how Renee can sense when something is

bothering me,” continues Bunkelman. “I especially recommend reflexology to all of

those full‐time working moms out there. It’s a great way for them to de‐stress, release

toxins and just feel so much better!”

Holistic iridology

Traditional iridology dates back at least 3000 years and is based on the study of the

irises of the human eyes. Waters, who in currently studying iridology level III, under Dr.

Pesek, analyzes the color, fiber structures and other features of the irises, which reflect

the client’s genetic makeup and the strengths and weaknesses of their physical body.

While it is not used for diagnosis of diseases, it can be used as an assessment for

conditions and levels of health. “This system is used to evaluate genetically inherited

physical, emotional and mental predispositions that can be in a person’s conscious

awareness or subconscious,” explains Waters.

Meddi cupping, vacuum therapies

This therapy utilizes glass or plastic cups and a vacuum pistol, bulb or machine to create

suction on the body surface. Different techniques are utilized to facilitate joint

mobilization and soft tissue release. Created suction can reach deep into the soft tissue

or can work superficially to pull inflammation and toxins toward the surface so that the

skin and lymphatic system can readily eliminate them. “Many clients find it beneficial for

lower back issues, adhesions, scar tissue and cellulite,” according to Waters.

Healing massage & onsite corporate massage

As a state‐certified massage therapist, Waters offers 60‐ and 90‐minute Swedish healing

and ultimate healing massage, with special packages available. She also goes on location

for corporate chair and table massage. The popular chair massage is approximately 15

minutes in length, and targets the neck, shoulders, back, arms and hands. Waters offers

corporate services for a one‐time event or for ongoing weekly or monthly visits.

House calls

Waters also travels to the homes of the aging and disabled population. “There is a huge

need for this as our population ages,” says Constance Row, executive director of the

Maryland‐based American Academy of Home Care Physicians. Waters is happy to make

house calls for those who are not able to come to her, especially if it will help those

individuals safely stay in their homes longer.

Ladies Night Out Pampering, Wedding & Spa Parties

In this popular service, Waters teaches men and women about organic and natural skin

care products, how to use them and how to take care of their skin from the inside out.

Clients enjoy neck and shoulder rubs, foot detox baths, anti‐aging serum, body butter

application, dead sea salt scrubs. Door prizes, detox teas and beverages are provided.

Please see information below to book your wedding or spa party with Renee Waters

Self Discovery Spa & Detoxification Day

Waters brings her naturopathic knowledge together with her therapeutic and artistic

abilities in this special timeout for busy individuals. Clients are offered a variety of

modalities to help them discover, balance and strengthen the mind, body, spirit

connection: healing meditation, intuitive design, creative writing, color therapy, herbal

medicine, emotional release work and various wellness ideas.

Waters also offers nutritional health workups for people who want to take charge of

there health using natural alternative and complementary medicine. In your 2 ½ hour

visit with waters we will be taking a ph of your urine and saliva, checking your vita flex

points, iris analysis, complete medical history, going over detoxification, diet

information and then writing up a program that is tailored to your specific needs.

Throughout Renee’s 28 years of experience in Natural health, she has accumulated

many recipes and innovative ideas to help the body heal and maintain homeostasis.

Renee is a Nature's Sunshine Manager and sells herbs to help her clients achieve

optimal health. Renee would be happy to come and speak or teach a work shop for

your organization or retreat center. “The natural health field is really so simple; it

doesn’t have to be hard or complicated,” according to Waters. “I encourage people to

give the natural, simple life a try. I am happy to help anyone on their journey,” she adds.

Contact Waters to learn more about her inspiring life.

The Country Doctor since 1984

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