

Self-Care: Stress Management:

Stress Management

Sleep, Exercise, Nutrition &
Time management

How can you prioritize your
health better?



Clinical Assets to Help You Achieve Your Goals:

Professional Support:

Empathy Training, Somatic
Release, Biofeedback,
Neurofeedback, Structural
Integrity work, Craniosacral,
Group & Psychospiritual Therapy

Naturopathic Health
consults can help you
navigate what your
needs may be

Courtesy of:

Clinic: (208)231-7149
NaturopathicClinic.info

HEATHER
HOLISTICS
Naturopathic
Clinic