

# Sage Wellness Center & Apothecary

PERSONALIZED  
HEALTH COACHING  
WITH BETHEL WAGNER



How can I do a better job helping people cultivate health? What can I offer that addresses physical, mental, and emotional well-being in a meaningful, integrated way? I want to reach more people with the messages there is always hope, the body will heal itself, given a chance?

These questions have been simmering in my mind over the last couple of years. I felt like my work as a health coach was helpful, but still missing something. I felt I was being called to something more, but I could not quite put my finger on it. I had a vague idea I should be collaborating with other practitioners. But I didn't know who or where they were, or how it could possibly work.

This last fall, I finally shared what was on my heart with my husband and a few close friends. Lo and behold, the answers I had been looking for began to appear, and my vision began to crystallize. (It reminded me to never underestimate the power of intentions and words!) Everything I needed was right under my nose the whole time!

So, I am pleased to announce **Sage Wellness Center & Apothecary** will open its doors in summer 2022, in Whitehall, MT. (We intend to officially open in July, but plan to offer services on a small scale as early as May.) We aim to serve the broader area of SW Montana, including Butte, Boulder, Three Forks, Ennis, Dillon, and beyond.

We will offer quantum biofeedback, health coaching, breathwork, crystal healing, homeopathic remedies, and herbal apothecary items, like native medicinal plants. In-person and virtual sessions will be available for convenience and flexibility. Below are brief summaries of these modalities and introductions of my fellow practitioners.

## QUANTUM BIOFEEDBACK

Biofeedback programs are a technology designed to help strip away the layers of stress, whether physical, mental, or emotional. We help you cultivate mind-body vitality for:

- Stress Reduction
- Muscle Relaxation/Re-education
- Brain Wave Relaxation Training
- Pain Management
- Systemic Relaxation Training

## HEALTH COACHING

The heart of health coaching is all about empowering people to eat, sleep, move, and release stress optimally so they can live up to their fullest potential! It is an excellent option for anyone motivated and ready to release weight, improve their energy and mood, and take responsibility for their health.

## BREATHWORK

One of the fastest ways to shut off the fight-or-flight stress response is through the breath. Breathwork is a safe, effective modality that can:

- Increase the flow of oxygen and clear blocked energy
- Promote the release of stored trauma and emotions
- Support physical, mental, emotional, and spiritual health

## CRYSTAL HEALING

Crystal healing, an energy-based modality, helps release blockages in the energetic body. It improves stress responses and encourages the body's natural vitality to flow unrestricted in both the energetic and physical body.

## HOMEOPATHY

Homeopathy works on the principle that *like heals like*. When you take a microscopic dose of a substance that would usually cause your symptoms, it awakens your vital force and natural, self-healing abilities.

## HERBALISM

Our apothecary items will feature many of our native plant allies. These formulas will address the seasonal cycles and needs of our bodies.

## PRACTITIONERS

### Johanna Paulston

- Crystal Healing
- Biofeedback
- Homeopathic Coaching

### Missy Snitko

- Certified Herbalist

### Bethel Wagner

- Health Coaching
- Biofeedback
- Homeopathic Coaching
- Trauma-Informed Breathwork

Our mission is to combine ancient wisdom and modern technology to help people's physical, mental, and emotional well-being. ■



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