

ABOUT THE OWNERS —

Sandra Crissman & Donna Lewis received their designation of Doctor of Naturopathic Ministry from Trinity College of Natural Health and are Certified Natural Health Professionals.

They began business in 1996 and are life residents of Chesterfield. Their goal is to provide a Christian-based center where people can learn natural alternatives to maintaining, improving and addressing health concerns.

SANDRA CRISSMAN
EDUCATION

Doctor of Naturopathic Ministry
Certified Natural Health Professional
Herbalist
Iridology Practitioner
Aromatherapy Practitioner
Bach Flower Remedies Practitioner
Kinesiology Practitioner
Homeopathic Practitioner
Reflexology Practitioner



DONNA LEWIS
EDUCATION

Doctor of Naturopathic Ministry
Certified Natural Health Professional
Master Herbalist
Bach Flower Remedies Practitioner
Iridology Practitioner
Reams Practitioner
Kinesiology Practitioner
Homeopathic Practitioner



OUR PHILOSOPHY

We believe that the body heals itself when it is in balance with God's graces. Balancing requires proper nutrition (which may include supplements), exercise and lifestyle changes.

"And the fruit thereof shall be for meat and the leaf for medicine."

Ezekiel 47:12



HOURS OF OPERATION:

TUESDAY	11AM-5PM
WEDNESDAY	11AM-5PM
THURSDAY	11AM-5PM
FRIDAY	11AM-5PM
SATURDAY	9 AM-12 NOON
SUNDAY	CLOSED
MONDAY	CLOSED

Additional hours by appointment

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**QUALITY VITAMINS, HERBS AND SUPPLEMENTS
AT RETAIL AND WHOLESALE PRICES**



SANDRA CRISSMAN,
DNM, CNHP

DONNA LEWIS,
DNM, MH, CNHP

**6520 IRON BRIDGE ROAD
RICHMOND, VA 23234**

1.5 MILES EAST ON RT. 10 OFF 150
2.4 MILES WEST ON RT. 10 OFF 288
IN FRONT OF COMCAST

804 377.1690

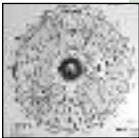
EMAIL HERBCLOSET@MSN.COM

SERVICES

FULL CONSULTATIONS

A full consultation includes evaluational testing for pH, Conductivity, Sugar Brix, Calcium Absorbtion, Yeast, Free Radicals, Adrenals, Tongue & Nail Analysis, Muscle Testing and Iridology. Testing is checking the saliva and urine sample for possible acidity, sugar brix to determine the absorption and use of sugar in the body, conductivity for energy in and energy out and enzyme function evaluation.

IRIDOLOGY



Is a system of charting the iris in relation to the body organs, systems and health constitution which may be reflected in the iris of the eye. Charting the Iris is your personal road map to your health.

IONCLEANSE

“The Effortless Detoxification” It may remove toxins and waste effortlessly from your body which may result in more energy, healthy weight loss and rejuvenation. It may result in restored/regained health, it may slow the aging process and helps you maintain good health by unburdening your body.

FAR INFRARED SAUNA

Detoxifying with the infrared sauna may decrease your risk



COMPASS

for degenerative diseases. You may lose weight, reduce body fat and reduce cellulite.

Measures the bio-markers in your body and recommends which supplements your body is needing.

BACH FLOWER ESSENCES

Flowering remedies may be beneficial in healing the emotions. By completing a survey the right combination may be selected to help balance and heal the emotions.

AROMATHERAPY & ESSENTIAL OILS

Aromatherapy may stimulate the part of the brain involved with thoughts, emotions and basic drives. The body responds to particular aromas, when applied or inhaled they may affect emotional and physical balance and good health.

PET

Products and services are available for your pets.

FOOD ALLERGY & ENZYME TEST

By using Kinesiology you may be able to rule out foods that may be negatively impacting your health and find which

MASSAGE

enzymes may give a positive impact.

Full body or corporate chair help to improve circulation and promote deep relaxation.

REFLEXOLOGY

A treatment designed to improve the function of our organs. Direct pressure is applied on the reflex points of your feet. Benefits may include relaxation, relief from pain, less fatigue and increased circulation.

HEAVY METAL URINE EVALUATION

Available upon request for an additional charge.

ALL SERVICES ARE AVAILABLE BY APPOINTMENT.

EDUCATION ON ADDITIONAL SUBJECT AVAILABLE. PLEASE INQUIRE.

The body heals from inside out, from the top to bottom and in reverse order from which is occurred.

— HERRING LAW

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Massage Therapist are independent practitioners and the Herb Closet assumes no responsibility or liability.