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Erin Lucie and Lisa Watkins: Medical Professionals Making the Mind/Body Connection for Well-Being and Healthy Aging

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There may not be a hotter buzz word in the field of healthcare these days than “anti-aging.” As traditional medical practices give way to alternative, more preventative measures, these two young professional women are helping to change the thinking and practices that go into developing the mind/body connection that is now considered essential for well-being and healthy aging.



Luckily, as the anti-aging industry develops, emerging companies and professionals have a platform where their products can be discovered. Youthful and Ageless™, or Y&A, is an internet-based platform created by Adrienne Papp and many of the emerging stars of the industry have found a productive home there.

Like **Dr. Erin Lucie**, who grew up playing in her mother’s beauty shop in Tulsa, OK. Little did she know that those early experiences would lead to a career emphasizing disease prevention and the

promotion of health with an emphasis on aesthetic medicine as well.

After graduating from Oklahoma State University with a Bachelor of Arts, Erin decided to focus on medical aesthetics and obtained a Bachelor of Science in Nursing from The University of Oklahoma Health Sciences Center. In 2011, Erin opened Mod Skin Nutrition in Tulsa, a private skincare clinic with a modern twist on traditional aesthetic procedures. She eventually completed her Masters and Doctorate in Nursing from the University of South Alabama.

As a newly credentialed Doctor of Nursing Practice (DNP) she was also invited to study alternative medicine with one of the top practitioners in the country, Dr. Jerome Block, who was doing groundbreaking work with protocols like neurotransmitter testing, hormone testing and the effectiveness of micronutrients in the diet. “Those studies gave me a whole new perspective on what medical treatments could involve,” Erin says. “It was about getting to the source of a disease. That’s Dr. Block’s legacy and I’m trying to keep it going.”

That continuation process now includes a new clinic that Erin has recently opened to focus on women’s health and health promotion, disease prevention and health education. Luminare Direct Anti-Aging Care is now open in Tulsa, offering hormone replacement, cosmetic injections (including the innovative cannula technique), skin rejuvenation and nutritional supplements.

“In the last five years I have had zero patients who had either a stroke or cancer with any of my protocols,” says Erin, who is a member of The American Association of Aesthetic Medicine and Surgery (AAAMS). “We want you to look better and feel better, and to do that you have to do the right things and do them safely.”

For more information or to schedule an appointment: <https://luminare.clinic>

Lisa Watkins is another medical professional who is changing the paradigm of mental health. As a registered nurse, Watkins made her rounds administering treatments and encouragement to cancer patients, but soon she found she was also drawn to the work being done in an outpatient mental health facility in Bismarck, ND. The more she observed the more she realized that some of the patients had similar issues that she had herself. “I just started asking a lot of questions and had a deep-rooted interest and need to help people who were hurting emotionally, just as I was,” Watkins says.

Translating her experience at the clinic into private practice, Watkins soon was offering powerful help to people who were deeply troubled. Watkins also began doing energy work, including muscle testing and becoming a level two Reiki healer. She was also able to begin to clear negative energies that were manifesting symptoms in her patients. Sometimes the experience we obtain through our own signals of dysfunction becomes the most successful driving force to heal it for

once and for all. That is what Lisa has achieved.

“A lot of these symptoms are stress related and exacerbated due to poor diet,” Watkins explains. “Things like gluten, specifically, are known to cause increased inflammation in the body. Other culprits of increased inflammation and stress on the body are sugar, eggs and dairy.”

Now, after ten years as a mental health nurse practitioner, Watkins has developed a practice that incorporates the teachings of Dr. Kelly Brogan, Dr. Brad Nelson, and Dr. Joe Dispenza. “To assist the body in healing, I utilize a line of supplements, called Isotonix, the world’s most advanced nutraceuticals. Isotonix supplementation delivers nutrient dense solutions,” Lisa says. “In as little as an hour I’ve had patients tell me that they feel calmer, and their thinking is clearer and more focused.”

For appointments call 701-471-7066. Or email to LDWGROUPOINC@HOTMAIL.COM

Website: www.ldwgroupinc.com and www.igotthevitamins.com.

Both practitioners have been featured as Editor’s Choice in the Hollywood Weekly Magazine.

These two anti-aging professionals are now being represented by **Adrienne Papp** and her **Youthful & Ageless™** digital branding 2020 marketing platform. She has had over two decades of experience as an American journalist, publicist, producer and commercial director. She is the President and CEO of Atlantic Publicity, Atlantic Publisher, both multi-level media communication outlets focusing on extraordinary people with extraordinary true-life stories in print, on TV and the Internet.