

**Editor's Choice,  
Best of the Best,  
America's Most Promising  
Companies and Practitioners**  
By Lady Adrienne Papp



## Lisa Watkins Passionately Changing the Paradigm of Mental Health

As a registered nurse, Lisa 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.

After receiving education as a mental health nurse practitioner and further training as a certified functional medicine practitioner,

her paradigm for mental health treatment shifted dramatically. Translating her experience at the clinic into private practice, Watkins soon was offering help to people who were deeply troubled. "I listened to my patients sharing stories about their daily struggles, family life, family history, traumas, illnesses and other issues that may have had an emotional impact on their lives," she says. "Those discussions gave me a place to start, and with the addition of energy therapies, we were able to dig into the real issues, as the mind always knows what the problems are and what needs to be healed." 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.

"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.

"It is believed that diet is responsible for about 90% of all diseases. To assist the body in healing, I utilize a line of supplements, called Isonix, the world's most advanced nutraceuticals. Isonix supplementation delivers nutrient dense solutions for efficient absorption with little to no GI distress, Lisa says. "It's a powder that's mixed with water to provide rapidly assimilated nutrients to the body. In as little as an hour I've had patients tell me that they feel more calm, and their thinking is clearer and more focused," she adds.

Youthful and Ageless™ will be working with Lisa for years to come and update you regularly on the latest. Until then, for appointments call 701-471-7066. Or email to LDWGROUPINC@HOTMAIL.COM  
Website:  
[www.ldwgroupinc.com](http://www.ldwgroupinc.com)  
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## Anti-Aging and Beauty Expert, Erin Lucie

Presented by the Youthful and Ageless™ Movement, Adrienne Papp, Editorial Director

When Erin Lucie was growing up and 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.

After attending beauty school at sixteen, Erin went on to work at a local medical spa. When it was time to move on to higher education, Erin studied journalism and education at Oklahoma State University, and at the same time became a national educator for Physicians Care Alliance, traveling extensively as she promoted their skin care products. The more she got involved, the more passionate about medicine and aesthetics she became.

After graduating from Oklahoma State University with a Bachelor of Arts and setting some career goals, 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 Doctorates 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. Our health care system today is broken and based on sick-care not health-care. We give prescriptions in order to treat symptoms. The more illnesses you have the more insurance pays doctors for your visits. It's a backwards industry. I want to get paid to keep you healthy, not ill, and that is what anti-aging medicine is about, getting to the root cause and preventing and correcting the disease pathways and keeping you well

and allowing you to live healthier. 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>



**FEATURED WRITER  
ANTI AGING EDITORIAL DIRECTOR**  
Adrienne Papp



**LIAM NEESON**  
**COLD PURSUIT**  
**REVENGE IS BEST SERVED COLD**

Very Good(3 stars) ★★ ★  
 Rated R for profanity, drug use,  
 sexual references and graphic violence  
 Running time: 118 minutes  
 Production Company: Paradox Films / StudioCanal

By: Kam Williams

Nels Coxman (Liam Neeson) is Kehoe, Colorado's most reliable snowplow driver. He was recently named the popular ski resort area's "Citizen of the Year" for keeping its treacherous mountain roads clear during the blizzards which routinely threaten to disrupt the town's tourist season.

Not used to making public appearances before an audience, the shy civil servant needs some help from his wife (Laura Dern) dressing and preparing an acceptance speech. Unfortunately, tragedy strikes the night of the awards dinner when their son (Micheál Richardson) dies of a drug overdose in nearby Denver.

After identifying the body at the morgue, Grace ("We didn't know our own son.") is inclined to accept the police explanation that Kyle had been a heroin addict. But hubby Nels ("Kyle wasn't a druggie!") is very skeptical, since the kid had no history of drug use and had been gainfully employed as a baggage handler at Kehoe's airport at the time of his demise.

So, the grieving dad decides to do a little digging on his own and soon discovers that Dante (Wesley MacInnes), a co-worker of Kyle's, had stolen a kilo of cocaine from

a drug cartel. As it turns out, Kyle was ostensibly murdered in a case of mistaken identity on orders from a kingpin known as Viking (Tom Bateman).

That's little consolation to Nels who suddenly becomes blinded by rage. The mild-mannered pillar of the community morphs into a sadistic spree killer determined to track down the powerful mobster who ordered the hit on his boy. However, Viking has an army of minions running interference, which means Nels must negotiate a perilous gauntlet en route to his well-protected target.

Thus unfolds *Cold Pursuit*, a riveting vigilante thriller directed by Hans Petter Moland. The movie is a faithful, English-language adaptation of *In Order of Disappearance*, a gratuitous gorefest which Moland made in his native Norway in 2014. This equally-gruesome remake similarly veers back and forth between slaughter and slapstick, never fully committing to comedy or drama.

Whether we're supposed to laugh at or recoil from the escalating body count, *Cold Pursuit*, at heart, is a wanton splatterlick certain to satiate the bloodlust of fans of the genre.

