

# YA Youthful & Ageless™

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**Editor's Choice,  
Best of the Best,  
America's Most Promising  
Companies and Practitioners**

By 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 Isotonix, the world's most advanced nutraceuticals. Isotonix 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 LDWGROUPOINC@HOTMAIL.COM

Website:

**[www.ldwgroupinc.com](http://www.ldwgroupinc.com) and  
[www.igotthevitamins.com](http://www.igotthevitamins.com)**



## **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>



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