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Integrative Wellness
and research center inc.™
Finding A Better Way Through Nature™

*our mission is to mentor others
toward positive mental, physical,
and spiritual health.*



Integrative Wellness
and research center inc.™

Finding A Better Way Through Nature™

Natural
Hormone
Optimization

Cancer
Recovery

Neuro
Biology &
Mood

Dietary &
Nutritional
Analysis

Weight
Loss

Meridian
Stress
Assessment

Recovery of Health

Thanks for saving my life. I was having over ten kidney stones per month with great pain. After two weeks, I feel great and my arthritis pain is reduced which now I can play golf. Male, Age 55, Banker

Weight Loss

I lost 34 pounds in six weeks and still counting. Everyone comments how great I look! The all natural special weight loss program for my body type works! Female, Age 36, Food Sales

Pain Relief

Thanks for your help in eliminating the six medications I was on causing many side effects. Now I am able to live pain free with a quality nutrition program! Male, Age 52, Software Development

Feel Younger with Less Fatigue

I was growing older developing lots of pain and fatigue. My doctor said this was normal. After changing my diet to live foods and juicing fresh vegetables I feel great! No more pain, and now I feel twenty years younger. Male, Age 62, Printing Industry

Hormone Therapy

I was taking shots every month during my cycle for migraine headaches. No more shots and no more headaches. The natural hormone program works great! Female, Age 26, Restaurant Waitress

Chelation Therapy

Heart Attack with 100% blockage. Six months later on chelation, normal blood flow! Male, Age 48, Automotive Mechanic

Anti-Aging & Longevity Therapies

How can I ever thank you for returning my health to me. I can't tell you how I appreciate being able to reach you when I have questions. God Bless you. Your are almost to good to be true. Female, Age 49, homemaker

Wellness Programs

Therapies

Custom Dietary/Nutrition Plans
Anti-Aging Programs
Cancer Recovery
Natural Hormone Optimization
Weight Loss/hc3 Trim
Cardiovascular Detox (Chelation)
Detoxification Programs
Holistic Skin Care/Dr Hauschka
First Line Therapy
Spiritual Counseling
Systemic Resonance Therapy (SRT)
Far Infrared Therapy (FIR)
LED Light Therapy

Labs

Adrenal Stress Profile
Delayed Hypersensitive Food Test
MELISA Heavy Metal Blood Test
Applied Kinesiology & CRA
Organic Acid Profile
Meridian Stress Assessment
Neurobiology Profile
Hair Analysis
Hormone Testing
Metabolic Blood Tests
Lyme Blood Test
Parasites/Candida/Yeast Test
Body Composition (BMI)

The Lord instilled in John Smothers' heart a deep passion to help others who are proactive and believing for healing from all kinds of health challenges. John Smothers now practices in Anti-Aging Wellness Centers teaching therapeutic lifestyle, nutrition optimization and reversing catabolic breakdown, which causes premature aging and leads to disease.

John Smothers has received diploma's as Doctor of Naturopathy and Master Herbalist from the Trinity College of Natural Health in Warsaw, Indiana and is a registered Naturopath. He is Board Certified in Naturopathy through the American Naturopathy Medical Accreditation Boards. John received a B.S. Degree from The University of Tennessee. Mr. Smothers is a member of the American Academy of Anti-Aging Medicine. He is well versed in the dynamics and multitudes of Alternative Medicine. John Smothers completed clinical training in Biological Terrain Assessment and Meridian Stress assessment, specializing in biochemistry from BioMeridian, in Salt Lake City, Utah. Therapeutic Lifestyle Certification optimizing body composition and weight loss in Ft. Lauderdale, Florida. Other clinical training includes Neurobiology of Mood, Cognitive Disorders, Managing the Multiple Causes of Chronic Inflammation, Integrative Therapy Approaches to Tick-borne and Chronic Illness, Advanced Clinical Therapies for Women's Health and Enhancing the Quality of Human Lifespan in Anti-Aging Medicine. He has completed four years of extensive training and course work from Theotherapy Seminars, Inc., studying conflict resolution in the spirit, soul and body. He graduated from the Memphis Bible Institute in Theology. John also enjoys speaking to support groups and organizations as a natural health educator.



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