

Whole Body Balance

By Narielle Living

Dr. Julie Mitchell is healing the world, one person at a time, starting right here in Williamsburg. A Board Certified Naturopathic Doctor, Julie is also a certified nutritionist and certified natural health professional. As the founder of The Nutrition and Wellness Center she is able to provide her clients with a broad range of healing modalities, including bioenergetics, colon hydrotherapy, ionic foot baths and nutrient programs.

With a BA from the University of Nebraska and a Master's in Education from Mid-American Nazarene College, Julie's background is varied. A mother of four, she spent a good portion of her time teaching various grades in elementary schools before entering the world of health. She has always been passionate about health, and over the years, has guided her family and friends in their journey toward wellness.

People make appointments to see Julie for a wide variety of reasons, and there is no typical



Lisa W. Cumming Photography

or average patient.

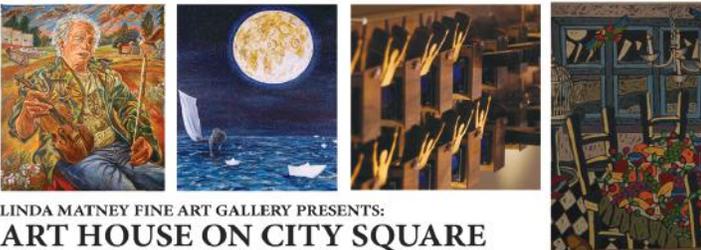
"People will come here for anything, really, sometimes seeking answers that the medical community has not been able to provide. Sometimes they are simply seeking wellness for the body, mind and spirit. There is not just one reason people choose to come here."

Julie started The Nutrition and Wellness Center about seven years ago. "I used to have

just a one-room office above a restaurant at the airport," she said. "I had a vision of what I wanted, and little by little word-of-mouth helped grow my business." She maintains specific office hours and keeps to that schedule.

"I believe that there is security for my clients in knowing the hours I will be here and the schedule of when we're open. It makes us accessible to everyone."

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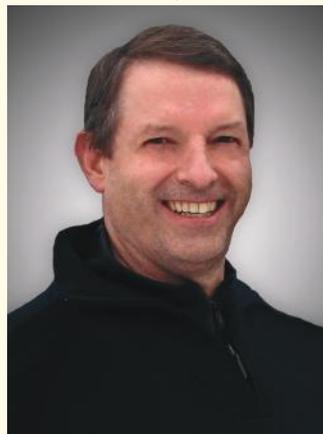
All seminars will be held at the Mason School of Business located on the campus of William & Mary, at the corner of Ukrop Way and Jamestown Road. Doors open at 3:30 pm, program starts at 4:00 pm. Light refreshments will be served. Guest Speakers will share their business experiences for 40 minutes. A 20 minute Q&A period will follow.

For more information contact Bill Bean at 757-221-7825 or email webean@wm.edu.

Parking

Parking passes for the garage will be emailed to registered guests. The garage is located on Ukrop Way just past the Mason School of Business on the left.

Wednesday, October 23rd Speaker:



**BENJAMIN
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TERRY**

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Benjamin Scott Terry (Scott) is the Founder, CEO and President of Orion

Air Group Holdings, LLC (Orion), an aviation services company providing a full range of solutions for corporate and government clients on a global basis. Orion was formed in December 2007 and is now one of the leading business aircraft management firms in the world. Mr. Terry is a member of the Board of Directors and a 50% Shareholder in Orion Air Group Holdings, LLC.

Prior to forming Orion, Mr. Terry was the Director of Government Sales in the Americas for Bombardier Aerospace, the world's third largest aircraft manufacturer. He was responsible for all aspects of the transaction beginning with the business development and proposal effort and culminating with ensuring the delivery of highly modified aircraft for government use. Mr. Terry was responsible for the entire Bombardier Aerospace product line including Learjet, Challenger, Global Express, and Regional Aircraft such as the Canadair Regional Jet and Dehaviland Q Series (Dash 8).

Before joining Bombardier Aerospace, Mr. Terry was the Executive Vice President and Chief Financial Officer at Flight International, Inc., based in Newport News, Virginia. Flight International was a publicly traded aviation services firm with annual revenues of more than \$50 million and a fleet of more than 50 turbine powered aircraft. Mr. Terry was recruited by Flight International's Board of Directors to improve the poor operating performance of the company. After three years of perseverance and strategic leadership, he was able to sell the company to Raytheon Aerospace for a substantial profit.

Mr. Terry's aviation expertise originated in the U.S. Navy, where he served for 10 years. As an Aviator flying the SH-3H Sea King and P-3 Orion, he accumulated 2,500 flight hours primarily conducting airborne reconnaissance. During his final three years, he held a staff position in London, UK as an aide to the Commander in Chief of US Naval Forces, Europe where he was involved in strategic planning for combat operations in the Balkan conflict as well as the integration of former Warsaw Pact nations into the NATO infrastructure.

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The Center offers everything from pre-natal care to senior citizen wellness. At the initial visit, clients fill out forms designed to give her an idea of what they need. After consulting with a new client, Julie then performs a test. "I test the energy," she says. "It's a simple applied kinesiology test, and I ask the questions, 'What do I want to know, how am I going about it?' to gain insight into a client's needs."

First, Julie places a small container in the client's hand, without telling the client what is in the container. While holding the container, they extend their arm straight out. Julie then pushes on their arm while silently asking the client questions.

The containers the client holds are sometimes connected to foods, and may be something related to dairy, wheat or meat. If the client maintains arm strength as Julie pushes on it, usually that indicates their body is not having issues with that particular food. If the arm does not remain extended the client may need to assess the effect that food group has on their body.

"This type of testing always amazes people," Julie says. "It never lies. It helps us determine what the body needs or doesn't need, and then we can begin to assess ways to correct imbalances."

Body composition testing is another example of the type of testing Julie performs. This looks at extra cellular fluid the body might be holding and also determines if the body is holding any toxins.

According to Julie, women's health needs can vary greatly from men's. "The women I see that are ages thirty to sixty are mothers, grandmothers and caregivers. They are wiped out, exhausted from providing for their children and their families. Sometimes they are going through menopause or peri-menopause and have the accompanying anxiety, hot flashes or fatigue." Correcting those types of imbalances is healing on multiple levels, for both the woman as well as her family.

Julie is careful not to let her clients become dependent on her. She sees her role as teaching others to be empowered rather than teaching them to rely on her. "People that have been frustrated with their health in the past are learning a whole new way of living. Over the years I have learned that it is not me that is the healer, the Lord is the healer. He has placed a capacity for healing in each client, and they learn that their healing comes from within."

Eating habits can contribute greatly to a person's health or illness.

"When people are ready to make the change is when it happens," Julie says. "It's a gradual awareness about food, and we end up being our own science project. I help people process the information about what they need, but they have to feel in control of their daily food choices." The website for The Nutrition and Wellness Center contains a large number of healthy recipes as well as information about eating well and food allergies.

One of her clients, Stephanie, came to Julie with chronic bowel syndrome several years ago. At that point doctors were recommending that Stephanie have her colon removed. Within months of seeing Julie her colon was improved with hydrotherapy treatments.

Julie is adamant about teaching people that their healing is a journey from within. She believes that her success with her clients is because she connects on a fundamental level with each person and is able to successfully communicate during their journey. "First, I need to know what their goals are," Julie says. "But the important part of all this is that the client remains true to themselves. We have to be responsible for our own health, but my role is to remain true to the client in assisting them. Sometimes the people that come to me are already deep in



"As a mother of two boys, for whom my business is named

after, I draw motivation from their creativity and energy. When I design your home or office, I take into consideration the functionality of the space and tailor it to your specific needs and inspiration. It's important to us that your personal tastes are reflected in the completed project."

~Christine Estep

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their imbalance and that will affect how long it takes for them to heal themselves. But they have to have faith that yes, they can heal themselves.”

The Nutrition and Wellness Center provides a variety of services to help balance the whole body such as: nutritional assessment, improve healthy eating and food habits; bio energetic assessment, which examines the systems of the body such as digestive, nervous and endocrine; dental and oral health assessment; colon hydrotherapy; sunlighten sauna to help detoxify the body; body composition testing to determine the breakdown of lean body tissue, bone tissue, fat, total water, intracellular water, and extracellular water; hormonal assessment for both women and men; and light therapy which is used during the times of the year when we receive less sunlight. Clients are also able to purchase a variety of nutritional products from the front reception area, including some delicious options such as hot chocolate.

Julie will be participating in the upcoming wellness symposium, *A Woman's Quest*. This event is geared toward educating attendees about women's health issues and she is looking forward to sharing her knowledge and getting to know others who are seeking positive, healthy changes in their lives.

Enthusiastic, well-spoken and passionate about her work, Julie says that she tries to teach her clients to keep things simple. “It's important to remember that you don't have to make big, huge changes all at once. You just have to start with being true to yourself.”

Julie strives to be true to herself, her beliefs and her core every day. “I don't always do it perfectly, but I want my influence to stay strong. We all need to stay strong and true to who we are. There is a real inner strength in each of us.” NDN

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