

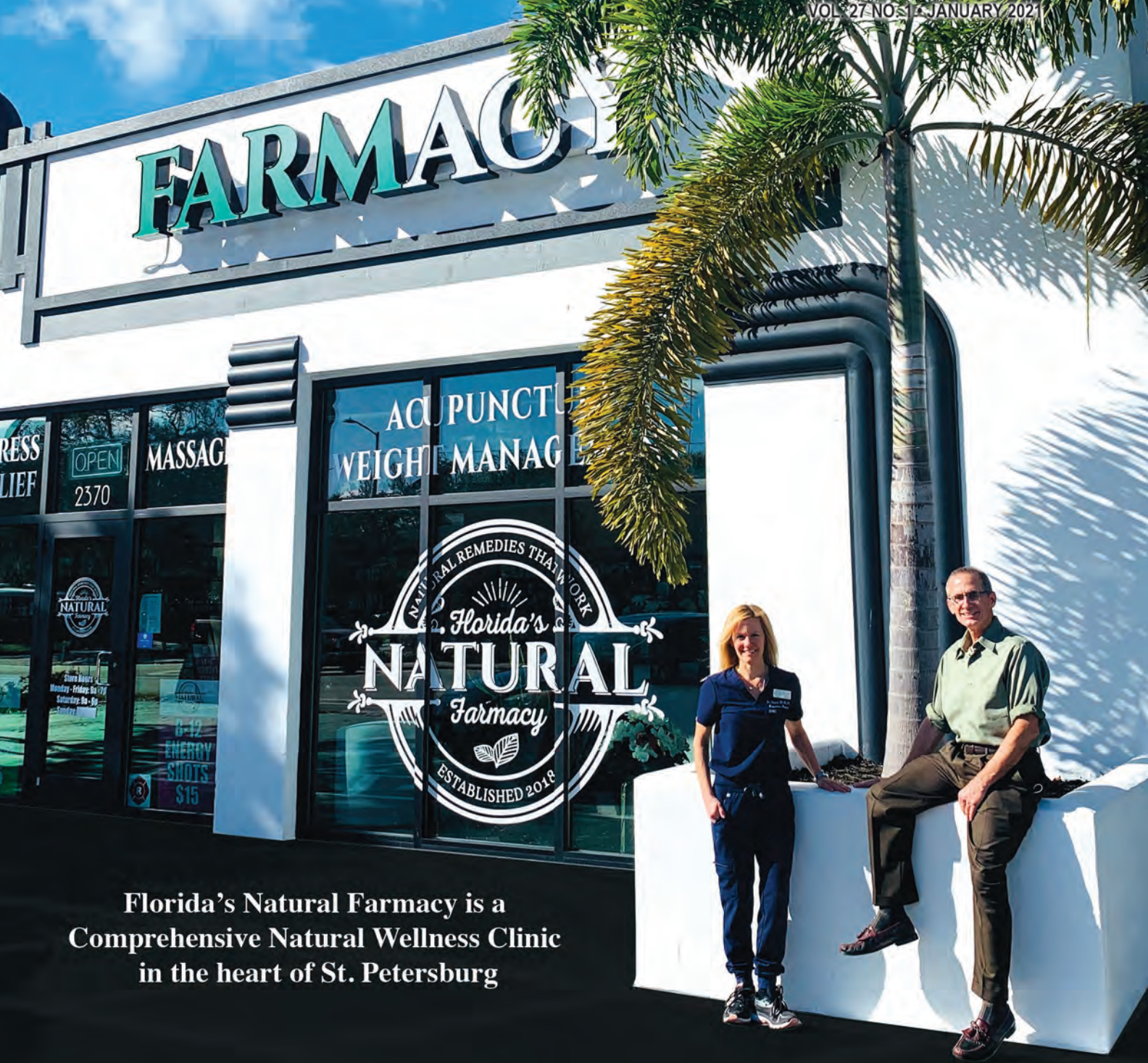
Minimum Wage | Health & Natural Remedies

Paradise

News Magazine of the Beaches & Downtown St. Petersburg - Since 1995

News

VOL. 27 NO. 1 - JANUARY 2021



**Florida's Natural Farmacy is a
Comprehensive Natural Wellness Clinic
in the heart of St. Petersburg**



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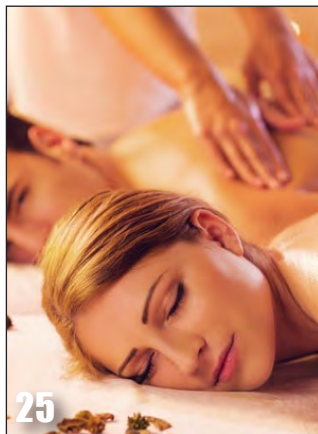
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COVER

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Jade Tree Wellness joins Florida's Natural Pharmacy

By Peter Roos



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Florida's Natural Pharmacy
2370 Dr Martin Luther King Jr Street N, St. Petersburg



Dr. Carolyn Qubeck, DOM, ND
& Sarah Henley, Director of Massage

Florida's Natural Pharmacy is a Comprehensive Natural Wellness Clinic in the heart of St. Petersburg, focused on finding and resolving the root cause of a patient's stress, anxiety & pain. They deal with sleep, energy, anti-aging, and digestive health issues amongst others. The power of Ancient Chinese medicine complements more conventional and new age therapies.

Tristan O'Connell had allergies and asthma and in 2018 was suffering from the worst oak pollen season in the 10 years since he'd permanently landed in the Sunshine State. His specialist, one of the area's best, had tried to keep Tristan off pharmaceutical "band-aids" for years. Now, however, he was suggesting shots. To avoid dependence on injections, insurance and pharmaceuticals, Tristan began to look for natural alternatives.

He tried product after product and eventually fine-tuned his regimen until he had finally came up with a solution that was easier than any pharmaceutical. Tristan wondered, "If I could find a natural solution to an ailment I had been suffering from since childhood, what other ailments could be dealt with naturally?"

Tristan's wife, Chrissy, had a close friend, Dr. Carolyn Qubeck, who had become a naturopathic doctor and was studying to become a Doctor of Acupuncture. Tristan invited Carolyn out to discuss his idea of opening a clinic in St. Petersburg to offer a natural way to deal with client's ailments and conditions. He began researching devices that were being utilized throughout the United States and discovered the Magnosphere Chair. Nightly, Tristan watched YouTube videos of people raving about their positive experiences using the

chair. Not one to take the word of YouTubers, he was elated to learn that the manufacturer of the chair was a local Clearwater company.

Tristan scheduled a session a week prior to his first trial of the chair, a bicycle accident cracked his left wrist and road rash tore quite a bit of flesh from his hand. He drove to the appointment with his left hand wrapped in a bandage, unable to hold anything. The doctor at the facility said he would 'tune the chair' to help reduce Tristan's pain level. Tristan was skeptical.

After relaxing in the chair, talking with the doctor for a half hour or so, Tristan reached down to pick up his Yeti, to take a sip. He didn't notice that he had picked it up with his badly injured hand until the doctor pointed it out. Tristan had been sitting in the chair for only half of the 60-minute session and crazy as it sounds, the pain was gone. After that, Tristan, who doesn't sleep well, had four nights of the best sleep he'd had in years. When he awoke, Tristan removed the bandages from his hand and saw the flesh wounds that had refused to scab over for the past week had suddenly begun to heal. Not sure that he could attribute the great sleep and the wound healing to the device, he was excited to learn that the company had been having

a great deal of success helping diabetics heal wounds with the machine, allowing patients to avoid amputation.

With such an amazing experience, Tristan and Carolyn decided to purchase a **Magnisphere Chair** and make it an integral part of the wellness center.

Then located and hired Sarah and Joy, two of the best massage therapists in the area. A 1930s Chevrolet dealership had morphed over nine months into a modern natural wellness center, and Florida's Natural Pharmacy was born at 2370 Dr. Martin Luther King St. N. in St. Petersburg.



Tom Elman, AP, LMT, CH
Jade Tree Wellness

Seeing how the COVID lockdowns negatively impacted Florida's Natural Pharmacy, Tristan began talking with one of St. Petersburg's most established and well-known Chinese Medical

Practitioners, **Tom Elman of Jade Tree Wellness**. Tom is a graduate of the Florida Institute of Traditional Chinese Medicine, The Humanities Center School

of Massage, and Eckerd College. He is a Diplomate of the National Certification Commission for acupuncture and Oriental Medicine (NCCAOM), and has practiced Acupuncture since 2001, massage since 1994, and he is also a Certified Hypnotist. He has held a position on the Academy of Item Writers for the National Acupuncture Certification Exam and served as an examiner for the National Clean Needle Technique Exam. His various training increases the effectiveness of each treatment modality he employs.

In November, Tom moved his practice into Florida's Natural Pharmacy, joining Dr. Carolyn Qubeck. Dr. Carolyn is a dual board-certified naturopathic doctor and acupuncture physician with a passion for helping patients heal through integrative treatments. Dr. Qubeck has spent countless hours studying natural approaches to healthcare, with focuses in acupuncture, nutrition, botanical medicine, homeopathy, mind/body medicine, environmental medicine, digestive health and food sensitivities, brain health and anti-aging. She works with each patient to create an individualized comprehensive plan

that encompasses lifestyle, diet, nutrition, genetic research, environmental stressors, supplementation and other modalities, to help restore optimal health. One of Carolyn's mentors is Dr. Peter D'Adamo, author of "Eat Right for Your Blood Type" and is trained in the application of blood type and genotype diets, personalized dietary plans that are well documented to improve overall health and well-being. She also studies the evolving field of nutrigenomics, utilizing genetically influenced nutritional protocols to maximize health outcomes. Together Dr. Carolyn and Tom offer a wide range of modalities and expertise. Both are passionate about helping others. Some of their recent success stories are almost unbelievable.

Ms. M, having suffered a stroke in 2019 causing paralysis in her arms, legs, and face, began a regimen of acupuncture while lying in the Magnisphere Chair. After several weekly treatments, Ms. M regained feeling in her face and her pain was greatly diminished. She was able to straighten her arm for longer periods of time and control the movement of her fingers, something she had not been able to do prior to these treatments.

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with all of these and 186 other issues.
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Visit the Learn Page at www.floridasnaturalpharmacy.com
to discover the benefits of this incredible chair!
Book online or call us today and start feeling and sleeping better.

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The muscle tightness in her legs and feet that had hampered her ability to walk began to release, allowing her gait to increase. Admittedly, the entire staff was amazed at her progress and attributed it to the combination of acupuncture and the Magnesphere Chair.

Mr. K, an 85-year-old veteran, came to the Farmacy after seeing a doctor for months over a lawn bowling injury that left him unable to stand erect. Prior to his accident Mr. K had been walking a mile and a half with his son every day and the doctors were suggesting surgery. Trying to avoid surgery, someone recommended acupuncture and Mr. K scheduled an appointment with Dr. Carolyn. Two days after his first acupuncture treatment, Mr. K's son returned to the Farmacy to tell Dr. Carolyn that Mr. K was standing erect and able to walk.

Ms. C, a third-shift employee at a hospital came in to the Farmacy and described how she had not had a full night's sleep in the 14 years since she started her job at the hospital. Tristan invited her, as they do everyone, to a complimentary session in the Magnesphere Chair. Ms. C called the following day to exclaim

that she had slept for 13 straight hours for the first time in her life.

Western Medicine doctors identify, diagnose ailments, and prescribe any number of pharmaceuticals to help alleviate the symptoms of the condition. This often leads to more problems created by the prescribed medicine and the vicious cycle of multiple trips and payments to the doctor begins.

The professionals at Florida's Natural Farmacy focus on the root causes of ailments and conditions and treat patients with natural therapies, supplements, and homeopathic remedies. By addressing the root cause, Farmacy clients often find themselves fixing a multitude of the issues they are experiencing because most things in the human body are intertwined.

Dr. Carolyn and Tom are quick to point out, "people don't develop these conditions overnight and reversing years, sometimes decades of issues won't always happen overnight." They also point out that clients who are serious about fixing the problem rather than masking it will find a great deal of satisfaction and success working with a group of

professionals like those at Florida's Natural Farmacy.

With the New Year upon us, many set resolutions to do better and be better. Florida's Natural Farmacy will be offering a multitude of packages and services to help individuals achieve those resolutions. There are also some great gift packages and/or certificates for treatments that make perfect Valentine, birthday, anniversary and Mother's or Father's Day gifts. You can find many of the therapies offered on their website online at www.floridasnaturalfarmacy.com.

For example, to help remove the "ick" of 2020, their **\$75 Detox Package** includes:

- a one-hour lymphatic drainage massage,
- an ion detox foot bath, and
- a natural metabolism booster shot.

For further information or to make an appointment for a treatment, purchase a gift certificate that can be mailed or even emailed to you, or schedule a complimentary trial of the Magnesphere Chair, call Florida's Natural Farmacy at (727) 202-6006
2370 Dr. Martin Luther King Jr. St. N
St. Petersburg, FL

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\$75

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TIME TO DETOX PACKAGE

Metabolism Boost

Detox Foot Bath

1 Hour Lymphatic Drainage Massage

\$75 (Value \$150)



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