



women's wellness

BUSINESSES & SERVICES

Find practitioners committed to holistic wellness and offering a range of services specific to women's health, from birth to menopause.

ACUPUNCTURE

Empress Acupuncture

Reme L Gemo, L.Ac., MSAOM
North: 4100 Brook Rd, Suite A, 23227
South: 1507 Huguenot Rd, Suite 200, 23113
Call / Text: 804-501-8060
EmpressAcupuncture.com

Richmond's First and Only Acupuncture and Oriental Medicine Center For Women
Specializing in:

- All aspects of Women's Health
- Support for IVF /IUI /ART
- Pregnancy Acupuncture
- Anxiety /Depression
- Hormonal disorders
- Bell's Palsy
- Acupuncture Facelift
- Mystery Illnesses



Women owned and operated Empress Acupuncture is dedicated to treating women and their unique health concerns. Empress Acupuncture was established to deliver high-quality, individualized health care in a healing, supportive atmosphere with compassion, understanding and exceptional clinical care. Set up a complimentary 15 minute consultation and check out our new patient special.

BIRTH & BABY

Embrace Midwifery Care & Birth Center

130 Buford Road, North Chesterfield
804-596-2229
Info@EmbraceBirthVA.com
EmbraceBirthVA.com



Embrace is RVA's only free-standing birth center, and the only facility in the Richmond area that encourages natural water birth. Our licensed midwives offer comprehensive, evidence-based prenatal and postpartum care in addition to labor and delivery in our beautiful birth suites. Home birth options available as well! We also offer a doula internship program, breastfeeding support, classes, and much more! Call us to schedule an information session today. *Embrace, where RVA births, Naturally!*

BIRTH & BABY

Women's Health Physical Therapy

2002 Bremo Road, Suite 202, Richmond
804-282-3500 • Fax: 804-282-3533
PostpartumStrong.com
obgyn-physicaltherapy.com



RVA's #1 Choice for Moms! What makes us the best choice? Postpartum Strong® is the first and only comprehensive pre- and post-delivery muscle rehabilitation program in RVA. We also offer the Tupler Technique® for diastasis recti. Our highly skilled therapists treat a range of diagnoses, such as pelvic floor, bowel/bladder, and sexual dysfunctions as well as general musculoskeletal weakness, scars and tearing. Our goal is to guide and support women in returning to their strongest selves in the childbearing year. Mention this ad for a FREE Belly Check!

South River Compounding Pharmacy

Baylor Rice, RPH, FIACP
11420 W Huguenot Rd, Midlothian / 3656 Mayland Ct, West End
804-897-6447 • SouthRiverRx.com

South River Compounding Pharmacy is changing women's lives throughout the Richmond area by providing customized medications and the highest quality, pharmaceutical-grade nutritional supplements available. Counseling and classes offered on Weight Loss, Nutrition, Diabetes, High Cholesterol, Stress, Pain Management, Anti-Aging, Allergies, Skin Ailments, Auto-Immune Disorders, GI Issues, Chronic Disease, Bio-Identical Hormone Replacement Therapy (BHRT) and more. BHRT is a natural and safe way to achieve hormone balance. South River shares your vision of living healthy, active lives, fending off disease and promoting positive lifestyles. Call today.

PHARMACY / WELLNESS



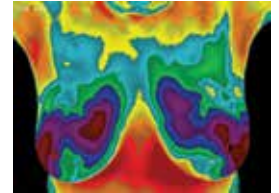
THERMOGRAPHY

Debbie Troxell, RN, MSNH

Thermographer, Lifestyle Designs
The Wellness Village
1404 Starling Drive
804-683-7774
EleetePhysicians.com/Thermography.php

Offering safe, non-invasive, radiation-free image screening. Thermography

uses an infrared digital camera to detect temperature changes on the skin. Its many applica-



tions include breast health, thyroid, cardiac and dental issues. Because the FDA identifies thermography as an adjunct to mammography, anyone who has ever had a mammogram should also have a thermogram! Everyone who values the need to be proactive and stay healthy can benefit from this health discovery tool. Live happier and healthier longer! Thermograms interpreted by local physician, Matthew Lee, MD, RPh, MS.

Apex-MD

Rumki Banerjee, M.D., ABIHM

Family Practice and Integrative Holistic Medicine
5310 Twin Hickory Rd, Glen Allen
804-273-0010 • Apex-MD.com

As specialists in primary care and integrative medicine for the entire family, Apex-MD provides comprehensive healthcare and personalized services that recognize each patient's individual needs. Apex-MD also offers a wide array of holistic health and wellness services for women of all ages. Addressing the root causes of disease with a focus on developing and maintaining a balanced and healthy lifestyle, a number of complementary approaches are available, including weight loss and medical nutrition counseling, skin care, IV nutrition, Ayurveda, Bio-Identical Hormone Replacement Therapy and wellness coaching.

PHYSICIAN



Recover. Restore. Revive.



IV Hydration offers 100% nutrient absorption for:



- Boosted Immunity
- Increased Energy
- Quicker Recovery Time
- Illness Support
- Improved Athletic Performance

Richmond's Premier IV Hydration Therapy Clinic



RiverCityIV.com

Bioidentical Hormone Replacement Therapy

Natural Hormones for
Men & Women



Want to get back to feeling like your happier, healthier self again? Hormone Optimization For Men & Women Can:

- Increase Energy
- Aid in Weight Loss
- Restore Sexual Function
- Improve Memory & Mood
- Reduce Risk of Heart Disease
- Increase Testosterone Levels



Bioidentical Hormone Replacement Therapy (BHRT) naturally optimizes your hormone levels.



RichmondBHRT.com

2008 Bremono Road, Suite 111, Richmond, VA 23226 • 804-493-4060