




## CHIROPRACTIC

 **Michelle Robin, DC, FASA, CCWP**  
*Specializing in Whole Being Care and Chiropractic.*  
**email:** [mrobin@yourwellnessconnection.com](mailto:mrobin@yourwellnessconnection.com)


 **Sean Cailteux, DC**  
*Exodus Health, LLC - Specializing in low back conditions and the care of extremities using Cox Flexion Distraction, Diversified, Activator, Spinal Decompression, Kinesiotaping and Cold Laser Therapy.*  
**phone:** To schedule an appointment, call YWC at 913.962.7408  
**email:** [dr.sean.exodus@gmail.com](mailto:dr.sean.exodus@gmail.com)

 **Stacy Jimenez, DC**  
*Vitality Chiropractic and Family Wellness LLC - Specializing in sports and work injuries, extremity conditions, and overall wellness. Priviledged to serve the Spanish speaking community.*  
**phone:** To schedule an appointment, call YWC at 913.962.7408  
**email:** [vitalitychiropracticck@gmail.com](mailto:vitalitychiropracticck@gmail.com)  
**web:** [vitalitychiropracticck.com](http://vitalitychiropracticck.com)

 **Kate LaVigne, DC**  
*Complete Chiropractic & Wellness, LLC - Specializing in Leander Technique, Diversified adjusting, and overall wellness.*  
**phone:** To schedule an appointment, call YWC at 913.962.7408  
**email:** [completechirokc@gmail.com](mailto:completechirokc@gmail.com)


 **Shannon Pishny, DC, DACCP**  
*Healthy Life Chiropractic - Specializing in Prenatal and Pediatric Chiropractic, Cranial Sacral Therapy, Cox Flexion Distraction, Impulse Adjusting Instrument, Logan Basic and Webster certified.*  
**phone:** To schedule an appointment, call YWC at 913.962.7408  
**email:** [drpishny@healthylifeck.com](mailto:drpishny@healthylifeck.com)

## CHINESE MEDICINE/ACUPUNCTURE


 **Laura E. Ponce, Acupuncturist & Herbalist, MSOM, Dipl.C.H.**  
*Laura E. Ponce, LLC - Specializing in acute and chronic pain, women's health and fertility, stress/anxiety, facial rejuvenation, herbal medicine, and dietary therapies.*  
**phone:** To schedule an appointment, call YWC at 913.962.7408  
**email:** [laura.ponce780@gmail.com](mailto:laura.ponce780@gmail.com)


 **Shamayne Tate, Dipl. O.M., Lic. Acp.**  
*Ancient Wisdom Acupuncture and Wellness, LLC - Specializing in acute and chronic pain, fertility, hormonal balancing, emotional balancing, digestive disorders and Chinese herbal medicine.*  
**phone:** To schedule an appointment, call YWC at 913.962.7408  
**email:** [ancientwisdom.tate@gmail.com](mailto:ancientwisdom.tate@gmail.com)

## BONE BROTH


 **Shelly Murray**  
*The Broth Pot - Homemade bone broth to heal and seal your gut, promote health digestion, and boost healing. Bison and Chicken.*  
**phone:** 913.645.3923  
**email:** [thebrothpot@gmail.com](mailto:thebrothpot@gmail.com)  
**web:** [www.thebrothpot.com](http://www.thebrothpot.com)

## COUNSELING / COACHING

 **Crystal Jenkins, LCPC**  
*Sunlight Connection - Specializing in Mental Health Counseling, Coaching, Public Speaking, Wellness on a Shoestring Facilitator, Hoffman Institute Teacher.*  
**phone:** 913.269.5175  
**email:** [cjenkins@yourwellnessconnection.com](mailto:cjenkins@yourwellnessconnection.com)  
**web:** [www.secure-booker.com/sunlightllc/BookOnlineStart.aspx](http://www.secure-booker.com/sunlightllc/BookOnlineStart.aspx)


 **Joyce Vancrum, LCPC, NCC**  
*Vancrum Behavioral Health - Specializing in individuals, young adults, teenagers and couples. Working together to manage depression, anxiety, and life transitions.*  
**phone:** 913.634.6977  
**email:** [jlvincrum@gmail.com](mailto:jlvincrum@gmail.com)


## ESTHETICS

 **Marlie King, HNC, LE, LNT**  
*Fit For A King LLC - Specializing in Holistic Nutrition, Organic Facials, Makeup, Body Scrubs, Wraps, Waxing, Manicuring and Ion Cleanse.*  
**phone:** 816.694.2119  
**email:** [FitForAKingLLC@Hotmail.com](mailto:FitForAKingLLC@Hotmail.com)  
**web:** [www.fitforakingllc.com](http://www.fitforakingllc.com)


## FUNCTIONAL MEDICINE

 **Aisha Chilcoat, ND, FABNO**  
*Lovis Healing LLC - Specializing in Naturopathic Oncology, Functional Medicine and Environmental Medicine*  
**phone:** 816.888.9165  
**email:** [lovishhealing@yahoo.com](mailto:lovishhealing@yahoo.com)

 **Brian Lum, DC**  
*Functional Healthcare Institute (FHI) - Specializing in Genetic Medicine, Functional Medicine, and Integrative Medicine.*  
**phone:** To schedule an appointment, call YWC at 913.962.7408  
**email:** [drlum@fhihealthcare.com](mailto:drlum@fhihealthcare.com)  
**web:** [www.drbrbrianlum.com](http://www.drbrbrianlum.com)

 **Georgia Nab, D.C., M.S., C.N.S.**  
*Authentic Life, Inc. - Specializing in genetics, functional medicine, nutrition and chiropractic for its patients.*  
**phone:** To schedule an appointment, call YWC at 913.962.7408  
**email:** [gnaab@authenticdoc.life](mailto:gnaab@authenticdoc.life)  
**web:** [www.authenticdoc.life](http://www.authenticdoc.life)

## SLEEP MEDICINE

 **Abid Bhat, MD MBA**  
*Sleep Medicine Specialist and a firm believer of integrating Western Medicine with Mind-Body therapies.*  
**phone:** 913.221.6059  
**email:** [abidbhat@hotmail.com](mailto:abidbhat@hotmail.com)  
**web:** [www.sweetsleepstudio.com](http://www.sweetsleepstudio.com)

## MASSAGE THERAPY

**Heather Farren, LMT**

**Filigree Massage Therapy** - Specializing in Thai Yoga Massage, Stretching, Therapeutic Deep Tissue Massage and Swedish Relaxation Massage.

**phone:** 816.674.0676

**email:** filigreemassage@yahoo.com

**Laura FitzSimmons, BSN, RN, CLT**

**Prairie Star Wellness** - Specializing in Manual Lymphatic Drainage Techniques and Healing Touch.

**phone:** 913.343.0314

**email:** Laurafitzlife@gmail.com

**web:** www.prairiestarwellness.com

**Sophie Newman, LMT**

Specializing in deep tissue, neuromuscular therapy, hot stone, pre-natal, cupping and craniosacral balancing.

**phone:** 316.516.5681

**email:** sophnewmanlmt@gmail.com

**Amanda Mae Shotton, LMT**

Specializing in Deep Tissue, Myofascial Release, Hot Stone, and Relaxation Massage.

**phone:** 620.719.7132

**email:** amandamaelmt@gmail.com

**Vienna Schmidt, LMT**

**La Vie Balance** - Specializing in relaxation massage, Ortho-Bionomy, and Touch for Health.

**phone:** 913.804.0488

**email:** LaVieBalance@gmail.com

**web:** www.laviebalance.com

**Lynn Sisk, LMT, NCBTMB**

**Lynn Sisk Massage Therapy** - Specializing in medical massage and deep tissue.

**phone:** 806.217.0902

**web:** www.lynnsiskmassagetherapy.com

## MASSAGE THERAPY

**Jennifer Ward, LMT**

Specializing in deep tissue, hot stone, pregnancy, polarity, therapeutic, relaxation and Chinese cupping.

**phone:** 808.223.5509

**email:** jenniferwardlmt@gmail.com

**Veronica Zoll, LMT**

Specializing in Esalen, Trigger Point, Deep Tissue, Cranial Sacral Release and Table Thai Stretch.

**phone:** 913.378.6161

**email:** bodyworkbyv01@gmail.com

## NUTRITION

**Jackie Caldwell, BS, HHC, Wellness Chef**

**Grain Free Wellness LLC** - Specializing in Holistic Nutrition for healing as it relates to IBD, Crohns, and Ulcerative Colitis. Nutrition Coaching, Wellness Classes, and Healthy Cooking Demonstrations.

**phone:** 913.980.5605

**email:** jcald50@gmail.com

**web:** www.grainfreewellness.com

**Leslie Martin, CNTP**

**Diaeta Wellness, LLC** - Specializing in Holistic Nutrition Therapy related to Digestion, Food Sensitivities, Blood Sugar Regulation, Weight Control, and Immune System Support as it relates to Auto-Immune and Lyme Disease recovery.

**phone:** 816.805.2834

**email:** diaetawellness@gmail.com

**web:** www.diaetawellness.com

### Designs For Health

**web:** www.catalog.designsforhealth.com

**practitioner code:** MICHELLEROBIN

**25% off first order:** FIRST25

### EHealthPro

**web:** www.catalog.designsforhealth.com

**code:** no code needed

### Metagenics

1. Visit online at: MichelleRobin.metagenics.com
2. Browse the online store and add your recommended products to your shopping cart
3. Select the Automatic Refill option for additional savings and convenience and proceed to checkout

### Nutri-West

**phone:** 1-800-658-1656

**code:** Call and mention you are a client of Dr. Michelle Robin

### XYMOGEN

**web:** www.xymogen.com/new-customer

**code:** healthy kc

### Wellevate

**web:** www.wellevate.me/#/signup

**code:** no code needed

### Thrive Market

**web:** www.go.thrv.me/SH4gA

**code:** no code needed

**Put the Odds In Your Favor!** Small changes can ultimately shift your whole life. Being healthy and well takes more than being diligent in one area of wellness. It requires attentiveness to your whole person – body, mind and spirit. The Quadrants of Wellbeing provide a framework for supporting whole being wellness.

**www.SmallChangesBigShifts.com | www.BigShifts.org**

