



Greta de la Montagne, RH(AHG) Holistic Health Practitioner

Herbal Remedies, Education, Bodywork, and Ayurveda

Health Insurance, or Health Ensurance? It's your choice. REAL health ensurance is taking good care of our body mind and soul. Prevention is truly the best medicine, which we achieve through right living and thus achieve balanced wellness. Investing in your health is the best ensurance over the long run.

Herbal Medicine: *Medicinal plant identification, workshops, classes, mentoring, work trades.* All the medicines in my apothecary are Farm-to-Shelf; grown, wildcrafted and handmade in the Michael RS Moore Memorial Medicinal Herb Garden. What I can't grow here on the coast or in the mountains, I trade bioregionally with trusted herbal colleagues or purchase from other ethical growers in the region. I offer custom formulas, compounds, capsules, teas, and craft an array of topical remedies, plus offer a broad variety of classes and study groups. My specialty is in Herbal First Aid and Clinic Administration and I administer off-grid Herbal First Aid Clinics for large events and disaster relief, accepting volunteers, apprenticeships and internships.

Bodywork: Massage opens the lymph channels, releases endorphins, and treats the largest organ, the skin. Regular massage is one the best preventative care therapies you can invest in for your future health. Bodywork can also address first aid and chronic issues.

I am certified or have trained in: Swedish, Deep Tissue, Myofascial, Shiatsu, Polarity, Ayurvedic Marma, Shirodhara, Cranial Sacral, Temporal Mandibular Joint Dysfunction, Sports Massage, Pregnancy and Side-Position Massage, Pulse, Jyotish, Yoga, Palmistry, Pancha Karma, Breast massage, Netra Basti, Gua-Sha, moxibustion, cupping, aromatherapy, flower essences and homeopathics.

My clinical strengths are in: herbal first aid, seasonal cleansing, lifestyle strategies and coaching, women and well-family care, (pregnancy, childbirth, post-partum, lactation, breast checks and breast lump drainage, children, teens, elder care), healthy grieving and death doula, burial and memorial services support, athletic performance, sports injuries, liver health, "desk jockey" wellness strategies, hospital stay advocacy, post-surgical recuperation, multiple chemical sensitivities (MCS), and veterinary. I am building my knowledge of Lyme's treatment.

I utilize a heated table next to my studio's wood stove in the quiet countryside of the Jacoby Creek Valley; treatment includes hot basalt stones, towels, and custom blend oils for each client. Clients can enjoy the tranquility of my medicinal herb garden after their massage.



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By Appointment Only