

McQuinn Naturopathic Announces their Grand Reopening

EVERETT, WA, USA, September 6, 2013 /

EINPresswire.com/ -- McQuinn Naturopathic Family Practice provides patients of all backgrounds with access to holistic medical attention and education; empowering them with knowledge and responsibility for their health

A graphic with a light blue background and a white border. The text is in red and black. It reads: "Grand Reopening on September 20th from 4pm to 8pm" in red, followed by "Meet our new team, learn about our new classes, enjoy some good food and take advantage of our discounts at the Grand Reopening!" in black.

**Grand Reopening on September 20th
from 4pm to 8pm**
Meet our new team, learn about our new classes,
enjoy some good food and take advantage of our
discounts at the Grand Reopening!

McQuinn Naturopathic [Wellness Center](#) will be opening its doors to a newly expanded office space offering clients a larger facility and more personal care. Serving a diverse clientele that includes children, teens and adults, the new facility provides services from cooking classes to comprehensive life coaching. The Grand Opening ceremonies are set to take place on September 20th from 4 to 8 pm.

Dr. McQuinn was accepted to Bastyr University and completed the Naturopathic Doctorate Program specializing in Women's Health, Craniosacral therapy, IV therapy, and Physical Medicine. In 2006 Dr. McQuinn became certified by the Cortiva Institute of Seattle as a licensed massage therapist. She worked for 4 years in massage therapy, specializing in Swedish Deep Tissue, Craniosacral therapy, and Pregnancy Massage at Olympus Spa. She still utilizes therapeutic massage for patients as part of her practice. After graduating from Bastyr, Dr. McQuinn worked in Seattle as a Naturopathic Physician at SlimXpress hCG weight loss clinic, assisting patients in weight loss through an hCG protocol and low calorie diet.

Casey Stewart, RYT, has been practicing yoga for seven years and earned her two hundred hour certification under the expertise of yoga master Baron Baptiste. She teaches hatha, yin and power vinyasa styles of yoga and is committed to bringing creativity and energy to her classes. Over the last five years she has taught more than 2500 classes and has helped her students to work through many major health issues including back pain, diabetes, depression, fibromyalgia, sleep disorders, mobility issues, anxiety and stress, as well as digestion and circulatory problems.

Joshua Heald, [Personal Trainer](#), is a Health and Human Performance graduate from Seattle Pacific University. Certified with the NSCA, he specializes in sport performance, mixed martial arts training, fat loss, lean body mass improvements, and rehabilitation. He believes that it is possible for everyone to increase their levels of fitness and makes it his mission to help achieve optimal health levels.

Laraine Corneilson, Cooking Class Teacher, graduated from the Art Institute of Seattle in 2002 and has spent the past ten years working in catering, personal cuisine and instructional settings alongside many food experts in Seattle, WA area. Laraine has an in depth understanding of the problems associated with food allergies and the benefits of healthy cooking and purposeful eating.

Valerie Kalmus, Certified Life Coach, earned her certification through Light University and is a member of the National Association of Christian Women Entrepreneurs and the International Christian Coaches Association. As a life coach she builds strong partnerships with clients to help them set and achieve personal goals. Valerie emphasizes health and wellness, believing that these aspects of life encompass the whole person. She builds her coaching on natural medicine and specializes in holistic wellness, addictive family systems programs, chronic pattern sabotage, and relationship reconciliation and restoration. Having developed her strong sense of empathy through personal experience, she is passionate about encouraging her clients and connecting with them through their journey.

Join the caring professionals at McQuinn Naturopathic Wellness Center to discuss the benefits of their newly available [yoga classes](#), personal trainer, life coach and cooking class services.

About McQuinn Naturopathic;

Dr. McQuinn opened McQuinn Naturopathic in March 2010 and is well known for her success with a modified version of the hCG diet, based on individual caloric requirements. Dr. McQuinn was extensively trained in botanical medicine, homeopathy, nutritional therapy, counseling, and physical medicine. Dr. McQuinn is a member of American Association of Naturopathic Physicians and the Washington Association of Naturopathic Physicians.

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