

SERVICES (CONT'D)

MISCARRIAGE SUPPORT GROUP

Women need emotional support and information during and after a miscarriage. At Cayenne Wellness Center's Miscarriage Support Group, women will be able to talk freely about the surge of emotions that are bound to occur. Questions which tend to creep up are ... [blame/guilt] Did I do this? [grief] When will I stop feeling this way? I need to talk someone. How do we say our goodbyes? How come no one around me wants to talk about it?

HOLISTIC PSYCHOTHERAPY

We assist you in achieving optimum mental health through Dr. Rowley's unique and successful therapeutic approach which incorporates Adler's holistic theory, cognitive therapy and spirituality. We look at the individual's unique, unconscious, and repetitive way of responding to (or avoiding) the main tasks of living. The five aspects of wholeness include : work/school, social (family & friends), love, self-acceptance, and spirituality.

CAREER COUNSELING

Through a partnership with 'Release Your Potential', we assist you in achieving optimum career goals and financial goals through a proven process of career planning and personalized assessments, which will allow you to love what you do everyday. The career program is customized to fit each client individually. Contact the staff at Release Your Potential directly at 310.480.0784 or via email at: cbocage@releaseyourpotential.net or ask us at Cayenne Wellness Center for a referral.

DR. CAROLYN ROWLEY

Dr. Rowley, founder and executive director of Cayenne Wellness Center, is a clinical psychologist specializing in nutritional therapy (well known for her 3-4-4 nutritional program) and the treatment of depression, anxiety, and pain management. She also began another non-profit organization as a result of her missionary experience to Kenya, East Africa (The Machao Orphanage Foundation - <http://www.machaoorphanage.org>). She is a speaker and advocate on issues of sickle cell disease,

cayenne wellness center &
children's foundation
208 south louise street
glendale, ca 91205
www.cayennewellness.com



cayenne
wellness center and children's foundation

Nutritional Counseling

Nutritional Counseling

**Holistic
Psychotherapy**

Career Counseling

Nutritional Counseling

Support Groups

MISSION STATEMENT

Cayenne Wellness Center is dedicated to health promotion and disease prevention in children, adolescents, their families and the general population. The mission of Cayenne Wellness Center is to improve the nutritional and mental health of the public. We achieve this mission through education, research, and public awareness initiatives and community outreach programs that promote good nutrition and mental health. We practice the science of helping people make changes in their lifestyle to improve their overall health and quality of life emotionally, physically, and spiritually.



Our office hours:

By appointment only :: Sunday through Friday
Closed Saturday

Contact us:

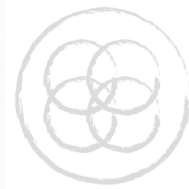
dr. carolyn rowley • 1+818.377.5120.voicemail
carolyn@cayennewellness.com
www.cayennewellness.com
208 south louise street • glendale, ca 91205
(corner of Louise and Harvard)

SERVICES :: NUTRITIONAL COUNSELING

We offer a range of services to our patients, from support groups and nutritional counseling, to holistic psychotherapy, seminars and lectures. Our facility is calming and healing the moment you step through the door. After your initial evaluation, if we are not able to service you in our facility, we will be happy to refer you to an appropriate professional.

NUTRITIONAL COUNSELING

Our nutritional counseling program embodies philosophies and principles involving pure water, clean air, wholesome food, proper nutrition, exercise, appropriate rest, absence from toxic substances, and effective management of stress - in essence **optimum quality of health.** We assist you in achieving optimum quality of health through Dr. Rowley's 3-4-4 Nutritional Method of Eating. Knowing what types of food to eat and in what proportions will help you maintain healthy weight and energy levels. And proper supplementation can balance your body's nutritional needs, reduce food cravings, and protect against disease. Ultimately, you will practice a lifestyle which will build your immunity, improve your mental health and enhance body function.



Our Healthy Eating Plan for Individuals will help you ...

- gain an understanding of basic nutrition
- learn a variety of ways to meet these nutritional requirements
- how to make nutritious, great tasting meals
- learn the value of daily exercise
- learn how to make sure these changes become a permanent part of your life



Healthy Eating Plan for Individuals Based on Dr. Rowley's 3-4-4 method, we offer a

4 week plan: Includes (4) 1 hour in person sessions, an exercise plan, and complete meal plan suggestions so you will know what to eat.

8 week plan: Includes (7) 1 hour in person sessions, health food market tour and how to stock your kitchen, exercise plan, complete meal plan suggestions so you will know what to eat, and (4) 15 minute follow up sessions to answer questions and monitor progress.