

**DR. KRISTIN MOWRY**  
**HEALING AND WELLNESS CENTER**  
**OF KENT ISLAND**

[www.drmowrycares.com](http://www.drmowrycares.com)

Dr. Kristin Mowry is a private practice clinician and professional wellness educator. She has a Doctorate degree in Physical Therapy from The University of Maryland, School of Medicine and a licensed physical therapist in Maryland. Her undergraduate work includes a Bachelor of Science degree in biology from Loyola College in Maryland. She is also a Certified Holistic Health Counselor certified by the American Association of Drugless Practitioners.

She regularly treats patients with thyroid issues and has natural solutions versus the more conventional prescriptions that are often quickly prescribed and sometimes not necessary. Dr. Mowry also specializes in improving the integration of the adrenal glands and thyroid, as well as parathyroid dysfunction.

She works with every patient on an individual basis to restore health. She seeks to create balance in all areas of life including health, physical activity, home environment, education, career, patience, peace, creativity, joy, and spirituality.

Her website is a treasury of information and I personally peruse her blog and recipes on a regular basis. She has free seminars with topics ranging from physical therapy, wellness, going green, going organic, gluten-free information, stress management, food intolerance/allergies, healthy lifestyle choices, etc. And, finally, beginning in January 2010, she is conducting a 12 week weight-loss challenge. To read more about Dr. Mowry, view her blog and upcoming events, please go to: [www.drmowrycares.com](http://www.drmowrycares.com).