

# ACHIEVE YOUR OPTIMAL WELLNESS

WITH CARMEN JONES MSW, ND



## Meet Dr. Carmen Jones:

Dr. Carmen Jones is from Whitebead, OK and is a member of the Choctaw Nation of Oklahoma. She attended Cornell University for her undergraduate education. Then she continued her higher education at the George Warren Brown School of Social work at Washington University in St. Louis, where she received her Masters in Social Work with a concentration in Health Promotions. She returned to Oklahoma and worked in hospice and home health for 5 years in McClain, Pontotoc, Garvin, and Cleveland counties before she decided to apply to medical schools. She graduated from the Southwest College of Naturopathic Medicine in Tempe, AZ with her Doctorate of Naturopathic Medicine Degree. She is a licensed Naturopathic Doctor and returned to Oklahoma to open her naturopathic medical practice, Good Tree Natural Health, to share her passion for natural and holistic medicine and increase accessibility to Oklahomans.



## Why Naturopathic Medicine?

Naturopathic medicine is a distinct primary health care system that blends modern science with traditional and natural forms of medicine. It is based on the healing power of nature and it supports and stimulates the body's ability to heal itself. Doctor originates from the Latin word, Docere, which means to teach. Docere is also one of the principles of Naturopathic Medicine. Dr. Carmen believes that we can make better decisions about our healthcare if we are informed. I offer evidence based natural therapies for common health concerns in practice and in my seminars. I believe we can rekindle our traditional healing wisdom and use modern science to empower people to make changes in their lives that promote their health and well-being.

## What Naturopathic Services are available?

In my mission to make Naturopathic Medicine available and share knowledge about how we can stimulate the body's ability to heal itself with natural therapies, I offer several ways to work together!

- One on One consultations for individual recommendations to address your concerns and gain information for a natural approach using herbs, nutrients, and lifestyle changes
- Health Seminars and lectures are interactive 45 to 60-minute sessions on a specific health topic for your organization or company.
- Specialized Wellness Programs
- Health and Wellness Fairs

**“Our body has an innate ability for healing. If we support the weakened systems by providing the building blocks and removing the offending factors, we can stimulate that healing process.”**

- Dr. Carmen Jones

For more information, please visit [www.DrCarmenJones.com](http://www.DrCarmenJones.com)

Email: [info@drcarmenjones.com](mailto:info@drcarmenjones.com)

Phone: 580.579.9740 to book your personalized informed discussion about your health topic.

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## Let's Make a Healthier Community

If you are interested in booking an appointment, seminar or program for yourself, group, staff or clients, or would like us to participate in a health fair, please call us at 580.579.9740 or email us at [info@DrCarmenJones.com](mailto:info@DrCarmenJones.com)



### Good Tree Natural Health

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