



# Your Natural Doctor

**Maria Tarnev-Wydro, HD**

Homeopathic Doctor, B.Sc, Dipl. Ac.,  
NYS licensed esthetician

Full Range Of Therapeutic Wellness Services  
To Support Your Health And Vitality Naturally

**Whatever your wellness needs and goals are, I am here to help you ease your suffering and balance your emotional, physical and mental state.**



**Nutritional and Diet Counseling** - weight management, weight loss, health concerns, dietary analysis, menu planning, shopping tips, coaching.



**Botanical, Ayurveda Herbal-** Iridology EFT ,  
Candling, Detox, Color,  
Music, Prayer-Meditation



**Holistic and Organic Skin Care** - RejuviLift™  
(Non-invasive face lift),  
Microdermabrasion, facial  
resurfacings, Facial  
Massage, Q-point Facial  
Massage.



**Homeopathy** -  
Classical,  
Gemmotherapy,  
Complex, French,  
Bach Flower Remedy,  
Tissue Salts.



**EPFX/SCIO  
Quantum  
Biofeedback** -  
empowers you to find  
the underlying causes  
for many health  
problems. Stress  
reduction.

*If You Don't Take Care Of Your Health, Who Will?*

716-913-3017

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