Presenting 19 Des Moines professionals demonstrating excellence in:


3D DIGITAL MAMMOGRAPHY

Always a technology leader, IOWA RADIOLOGY was one of the first centers in the country to offer 3D digital mammography (breast tomosynthesis) in 2012.

The procedure uses lower dose x-rays to create a 3D image of the breasts from several angles, enabling their radiologists to visualize thin slice images of breast tissue. Traditional digital mammography yields 2 flat images of each breast, while 3D captures 32 one millimeter slices across the breast. Benefits include earlier detection of smaller cancers and fewer repeat images. Iowa Radiology’s 3D digital mammography unit is the latest technology in breast imaging and offered to all women as an annual screening or diagnostic mammogram. It is ideal for those who have dense breasts or have had any previous biopsies or excisions for any reason. They also perform MRI’s, CT Scans, bone density scans (DEXA), breast MRI, breast biopsy, digital mammography, fluoroscopy, ultrasound & general x-ray. William Heggen M.D., Lindsey Grandbois D.O., RPh., and Breast Fellowship Trained Radiologists GopiKa Myneni M.D. & Jill Westercamp M.D. (Medical Director) are board certified and all facilities are ACR accredited.

Visit: www.iowaradiology.com

VISION THERAPY FOR CHILDREN & ADULTS

Many children and adults continue to struggle with learning in the classroom and the workplace. Recent medical research has demonstrated that often people with reading disabilities have deficits in the transmission of information to the brain through a defective visual pathway. Licensed Optometrist Dr. Erik Romsdahl of CHILD AND FAMILY VISION CENTER specializes in learning-related visual problems for children & adults. His approach consists of a comprehensive optometric evaluation that assesses eye health (visual acuity & refraction), visual efficiency (accommodation, eye teaming & movement) and information processing (identification, discrimination & spatial awareness).

Dr. Romsdahl creates an individualized management plan which includes treatment, guidance & referral if required. Management may require optical correction, visual therapy or a combination of both. Visual therapy, visual enhancement & enhancing visual abilities & remediating vision dysfunctions, has been adopted by the American Optometric Association, American Academy of Optometry & other vision-related organizations.

Visit: www.childandfamilyvisioncenter.com

CLEANSING THE BODY

It’s all about taking care of ourselves - our health is our wealth! LuGene at ABSOLUTE BODY CLEANSE & DETOX will show you how to recharge, rejuvenate and renew yourself. Whether you have digestive issues, immune problems or less-than-stellar health, LuGene provides treatments that build vitality from the inside out. She can help if you have joint pain, diabetes, infertility issues, lack of energy, sleep difficulties, skin conditions, fibromyalgia and more.

Absolute Body Cleanse & Detox is about rebalancing your body, balancing your pH, clearing your filters, adding nutrition and getting you back on the path of wellness. LuGene provides a variety of detox techniques, biofeedback assessing, and weight management programs. Utilizing essential oils, nutritional healing, magnets & other products, LuGene uses a simple ABCD approach - Activate, Build, Cleanse, Direct Aid & Diet. A proper cleansing and good habits for naturally detoxifying the body can really help you achieve amazing health benefits. Don’t wait to begin nourishing your body, mind and spirit.

Visit: www.1-body-cleanse-detox.com

TO GROW, TO SHINE & TO GROW BRILLIANT

CANDEO’S vision is a community empowered by the contribution of all. Since 1993, Candeo has supported people with disabilities to grow and prosper. Candeo supports adults diagnosed with an intellectual disability or brain injury, inspiring them to live and work independently in their community. With supports, Iowans with disabilities achieve their personal goals, attain life skills, and are ignited to live brilliantly.

With Candeo’s Community Living Services, individuals with disabilities are part of their community, learn life skills, discovering self-worth and embracing lifelong learning. Employment Services include benefits planning, customized and supported employment, REDI (Retail Employees with Disabilities) in partnership with Walgreens and Project SEARCH in partnership with UnityPoint Health. Employment staff also works directly with employers to meet their unique business by providing access to a qualified labor pool.

Visit: www.candeeoiaowa.org

FAMILY CENTERED PEDIATRIC CARE

The special medical needs of children require the experience of Board Certified Pediatricians. Drs. Brian L. Waggoner, Robert A. Fornoff & Amy L. Petersen at DES MOINES PEDIATRIC & ADOLESCENT CLINIC can provide. Their primary concern is the physical, emotional & developmental well-being of EVERY CHILD who walks through their door.

As primary care physicians for your children, Drs. Waggoner, Fornoff & Petersen enjoy working with first-time parents and their concerns. With patience, precision and warmth that comes from years of experience, they focus on your child’s behavior, nutrition & development and current trends in pediatric medicine. They endorse immunization guidelines established by the American Academy of Pediatrics and will outline a plan of care that will monitor your child’s growth and development. They see newborns, children, adolescents & young adults up-to-21 years of age. & patients are welcome. FREE pre-birth consultations for prospective parents are available. Visit: www.dsmpeds.com

NATURAL CHILDBIRTH EDUCATOR & DOULA

Jacquelyn Duke, M.ED., CCCE, CDO of INTRINSIC BIRTHING has a passion for teaching natural childbirth. Knowledge is power when it comes to your birth goals! Meet new friends that hold similar views on birth, bond with your partner and walk away feeling prepared for what will be one of the most amazing days of your life. Classes are kept small & intimate with a focus on personalized attention and plenty of discussion. They place a strong emphasis on practicing informed consent/denial, nutrition, choosing your birth location & provider, the three stages of labor and the birth process, timing contractions, breastfeeding & natural pain relief options, including massage, imagery, relaxation, breathing techniques & unique position changes.

Intrinsic Birthing also provides birth tub rentals, placenta encapsulation & doula services. If you live beyond the Des Moines metro area, or just prefer the convenience and joy of encapsulating your own placenta, all inclusive DIY kits are available through Powerful Mamas. Visit our websites to learn more about the benefits of placenta encapsulation for postpartum wellness!

Visit: www.intrinsicbirthing.com and www.powerfulmamas.com

COMPASSIONATE, WHOLE PERSON CARE, WHERE YOU MATTER

Whatever you are facing that is part of life’s problems, stress in your family or couple’s relationship, difficulties with learning or emotions, the therapists at CENTRAL IOWA PSYCHOLOGICAL SERVICES (CIPS) can help you. Owner & Clinical Director, Warren Phillips, PhD & his skilled staff of Licensed Psychologists & Counselors treat a broad range of people in distress by offering psychological assessments/testing & counseling for children (ages 3-18), adolescents, adults, elderly adults, couples & families.

Dr. Phillips is pleased to announce their new Comprehensive Substance Abuse Assessment and Treatment Program available and actively taking new clients in their Ames location as well as their Psychological Assessments, Couple’s, Family, and Individual Counseling Program in their West Des Moines office. Counselors and Psychologists at CIPS are highly skilled in the assessment & treatment of a variety of issues, and their goal is to help clients work towards fulfilling personal and/or professional needs. Two locations for your convenience: 3737 Woodland Ave. #415, West Des Moines, (515)222-1999; and 223 S Walnut Ave, Ames, (515)233-1122.

Visit: www.dsmpeds.com

SKILLED & RELIABLE HYPNOSIS

Don Heese employs a powerful combination of self-image science and hypnosis to help people successfully treat a number of issues including: eliminating stress, anxiety, peak athletic performance, pain management, fears/phobias, smoking cessation, weight loss, self-esteem issues, school & test performance, career success, increasing income, insomnia, memory, relationships & concertion.

Hypnosis is a powerful & effective tool with applications in medicine, dentistry, psychology & therapy. It was approved by the American Medical Association in 1958. Don Heese, CHT of DON HEES HYPONOSIS is certified by the National Guild of Hypnotists, a member of the American Hypnosis Association, and many other prestigious healthcare organizations. He uses a combination of deep relaxation, focused attention & heightened suggestibility - the essential components of hypnosis - to allow the dominant subconscious mind to contribute in positive and constructive ways. Improving your life becomes almost effortless.

Visit: www.donheesehypnosis.com

SUPPORT & GUIDANCE FOR HEALING & GROWTH

In the heat of every problem lies its solution. People spend enormous amounts of time & energy searching for answers outside themselves when the true answers often lie within. The counselors & coaches at NEW LIFE COUNSELING, COACHING AND CONSULTING take a creative approach to everyday problems for adults, couples & families - training them through doorways to comprehension, insight & change. They provide professional life coaching, John Maxwell Leadership training, as well as consulting for businesses, churches & organizations.

New Life offers services for personal growth, family & marriage counseling, communication & conflict resolution, anxiety & depression, life crisis, and more. They provide consulting services for community leaders who wish to bring their business, church or organization to the next level, survive (or even thrive) through leadership or staff transitions, or simply increase morale & production. Dr. Gilbert also offers tailored training and speaking on personal & professional growth topics. Two offices in: 225 NW School St, Ankeny and 1200 Valley West Dr. #704, in West Des Moines. Watch for their 3rd office opening in Ames in 2015! Visit: www.newlife-counseling.com

Learn about local businesses and the people who own them. Make a connection and do business with people you know!