

## Business Spotlight



# AUSTIN FUNCTIONAL WELLNESS

362 S. McCaslin Blvd. • Louisville, CO 80027

Austin Functional Wellness, formerly Austin Chiropractic Center, is a full-service Chiropractic and Wellness Clinic which offers traditional Chiropractic treatment, Massage Therapy and Nutritional Counseling along with advanced care for more challenging neurological conditions like Brain Fog, Concussions, Vertigo, ADHD/ASD, and cognitive decline. Our office also helps those with Functional Medicine issues like IBS, hormonal imbalances, sensitivities to foods, chronic fatigue and acute/chronic pain.

### Our Staff



Dr. Paul Austin is a Board-Certified Chiropractic Functional Neurologist, one of two in Boulder County, and has strived to help those for whom traditional chiropractic techniques have failed to help. Call 303-665-5405 or email us at [info@austinfunctionalwellness.com](mailto:info@austinfunctionalwellness.com) for a free 20-minute consult to see the unique tools and strategies we offer. Go to

[www.austinfunctionalwellness.com](http://www.austinfunctionalwellness.com) for more detailed information.



Suzette Skidmore, LMT of Healing Solutions Inc., started her journey in the health and wellness field by studying the impact of therapeutic grade essential oils. She loves sharing the healing properties of essential oils. She is also a licensed massage therapist, certified medical massage therapist and Reiki Master. She specializes in working with clients that have been in an auto accident or injured on the job. For the past 11 years, she has sought ways to help client's massages last longer and to be more impactful to allow them to resume living a full life again. The truth is this: getting medical massages reduces your recovery time. A huge part of Suzette's passion is to help bodies heal without relying solely on pain medication. She is constantly looking for ways to help others live life to the fullest. Suzette can also be reached at 720-696-0124 or

[suzette@healingsolutionsinc.com](mailto:suzette@healingsolutionsinc.com).



Jen Simon, Certified Nutrition Consultant, Board Certified in Holistic Nutrition, BA in psychology, MA in special education and is the owner of FoodWorks Wellness, LLC.

Jen provides individualized nutrition counseling for adults and children to address various health conditions, mental health issues, weight management, exercise performance, and disease prevention. She believes in the medicinal power of foods and targeted nutrients to bring the body into balance. Food sensitivity, micronutrient, intestinal permeability, and gut pathogen testing are available to further understand underlying causes of health concerns. She works closely with her clients so that they may improve their quality of life through diet and lifestyle changes. Jen can be reached at 303-325-7446 or

[jen@foodworkswellness.com](http://jen@foodworkswellness.com).

For additional information and to schedule an appointment call **303-665-5405**.