



# HEARTLIGHT WELLNESS

SANTA FE'S PREMIER  
HEALING PRACTICE

## MEET YOUR DOCTORS

### DR. IRENE DOUGHERTY, D.O.M., M.AC., L.AC., DIPL.AC., LDHS



**DR. IRENE DOUGHERTY, Doctor of Oriental Medicine (DOM)**, is a **Certified Chinese Herbal Medicine Doctor** and earned a **Master of Acupuncture (M.Ac.)** from the Maryland University of Integrative Health in Laurel, Maryland. She is a certified **Diplomate of Acupuncture (Dipl. Ac.)**, a considerable achievement awarded by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) and is a **Licensed Acupuncturist (L.Ac.)** in four states including New Mexico, Iowa, Minnesota, Maryland.

**CERTIFIED ACUPUNCTURE SPECIALTIES:** Dr. Dougherty practices **FIVE ELEMENT ACUPUNCTURE**, and has over ten years of post-graduate education, academic and professional certificates. She is also New Mexico's only certified GOLD practitioner of the late Dr. Richard Tan's **BALANCE METHOD OF ACUPUNCTURE FOR INSTANT RESULTS** (see Patient Reviews for results of Five Element and Balance Method Acupuncture).



**CERTIFIED DIGESTIVE HEALTH SPECIALIST:** HeartLight Wellness's Dr. Irene Dougherty, is also a **distinguished graduate** in the of the **Loomis Food Enzyme Institute** and is a certified Loomis Digestive Health Specialist (LDHS).

**CERTIFIED ALLERGIST:** Dr. Dougherty is Santa Fe's **premier Allergist** using **NAET Allergy Elimination Techniques**. HeartLight Wellness of Santa Fe LLC is the only NAET Certified Clinic and **Northern New Mexico**.



Dr. Dougherty is a certified Diplomate of Acupuncture (Dipl. Ac.), a considerable achievement awarded by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). She is a Licensed Acupuncturist (L.Ac.) in four states including New Mexico, Iowa, Minnesota, and Maryland, and Dr. Dougherty is in full compliance with all rules and regulations issued by the Boards of Acupuncture & Oriental Medicine in those states. A license to practice acupuncture does not authorize Dr. Dougherty to practice medicine and surgery.

BE WELL  LIVE WELL™



**DR. JOHN A. BRADY, Ph.D., C.Ht., C.MLc.**



**DR. JOHN A. BRADY, Ph.D.,** earned an **M.S. and Ph.D. in Applied Psychology** from the Pacific Graduate School of Psychology and holds a B.S. and M.B.A. in Organizational Development from California Polytechnic State University, San Luis Obispo, California.

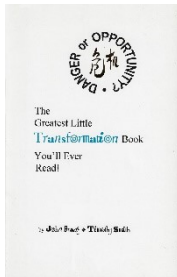
**CERTIFIED MEDICAL HYPNOTHERAPIST:** Dr. Brady is a **Certified Medical/Dental Hypnotherapist (C.Ht.)** by the International Medical and Dental Hypnotherapy Association and one of the few accredited practitioners of therapeutic relaxation in Santa Fe and Northern New Mexico.



**CERTIFIED MASTER LIFE COACH:** Dr. Brady is also **Certified Master Life Coach (C.MLc.)** that assists patients and clients with their self-improvement, interpersonal communication, and relationships. In a career spanning over thirty-five years, John has been a trusted counselor to thousands of clients, including many of America's top Chief Executives and individuals seeking meaningful change in their lives, their relationships, and their companies.



**SEMINAR AND WORKSHOP LEADER:** Formerly a **key presenter at AT&T's Executive Education Center**, Dr. Brady has traveled nationally and internationally presenting leadership and personal growth seminars and workshops for his company John Brady & Associates ([www.johnbradyconsultants.com](http://www.johnbradyconsultants.com)). He has reached thousands with his simple and effective solutions to personal and organizational challenges and building sustainable personal and business relationships.



Dr. Brady is a popular speaker and the author of several books including ***Danger or Opportunity: The Greatest Little Book Transformation Book You'll Ever Read, The Tao of a Leader, Communicating for Change, Moving Beyond the Barriers to Change, Culture Shift.*** John has also collaborated with many authors and renowned speakers such as Stephen Covey, Robert W. Terry, Kenneth Blanchard Ph.D., Lawrence M. Miller, John Naisbitt, Denis Waitley, Larry Senn, Ph.D., John R. Childress, and others in the development of their material.

