



a mind-body practice

Nourish yourself. Nurture yourself. Know yourself.




Do you eat **foods that nourish you**, not deplete you?
Do you make **choices in your life that inspire you**,
not drain you?

Do you believe your pain, illness and tension are your body's way of speaking to you — and that your body's message is pointing you in a new, healthier direction?

Can you imagine realizing and living your full health potential — living a vital and vibrant life filled with meaning, connection, and purpose?

Dr. Jenn Krebs Rapkin, a licensed naturopathic physician, works with patients who are anxious, depressed, panicked, stressed out, addicted, in pain, tired and chronically fatigued. She guides and instructs patients to pay attention to what their bodies are saying and to answer back by **learning new tools and behaviors as well as becoming motivated and committed to making positive and lasting changes in their lives.**

 Call for an appointment, or visit amindbodypractice.com for more information.

Change your health, and life, for the better.

Dr. Jenn Krebs Rapkin, N.D., *Licensed Naturopathic Physician*

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A licensed naturopathic physician in private practice for over a decade, **Dr. Jenn Krebs Rapkin** trained, and now teaches, at University of Bridgeport's College of Naturopathic Medicine. She developed and currently practices her own specialized Narrative Body Therapy and is the founder of **A Mind-Body Practice**, the only naturopathic medical practice in Connecticut to specialize in holistic and integrative mental health. Dr. Rapkin also writes regularly on health and wellness at the Mind-Body Blog.



I believe our bodies speak to us through illness, pain and tension.

My passion, and mission, is to help my patients hear what their bodies are saying. Sometimes we need to make real changes in our lives to get our bodies and minds back on track.

I believe our bodies express our emotional health, and our emotional health — our thinking, feeling and believing — directly impacts our physical health. I have developed my own bodywork, **Narrative Body Therapy**, as a tool to help understand how our emotions, stress, trauma and memories are expressed in our bodies. My area of special interest is **Holistic and Integrative Mental Health**, where I combine nutritional and lifestyle counseling, herbal and homeopathic medicine, and mind-body tools such as meditation, imagery, bodywork and biofeedback to create effective and individualized treatment protocols.

I work with all types of patients — from individuals looking for expert guidance and support in establishing a healthy lifestyle to patients living with anxiety, depression, panic, OCD, addiction, eating disorders and many other stress-related conditions.

I believe we can realize and live our fullest health potential, but it takes making a commitment to ourselves — a commitment to taking better care of ourselves, to being motivated and self-aware, and to finding connection and meaning in the lives we lead.

Are you ready to hear what your body is saying?

- Dr. Jenn Krebs Rapkin, N.D.



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