Combining conventional and alternative medicine. Caring for adults and children.
Dear Parents,

Our team specializes in providing medical and therapy care to special-needs children and their families. We recognize the tremendous impact certain medical conditions have on the entire family and we approach autism, ADHD and other neurodevelopmental disorders according to the dictum: “Families that work together, heal together.” Our mission is to help the children and family members from a physical, physiological, and emotional perspective. Few conditions hinder the cohesiveness and spirit of family like significant illness of its youngest members. Our goal is to support the entire family unit holistically.

In addition to holistic medical care, we specialize in addressing a wide variety of neurological, behavioral, physical, and emotional problems in both children and adults.

We address the physical and emotional complications associated with:

- Behavioral and mood disorders: depression, OCD, anxiety, sleep problems
- Immune system disorders: food and environmental allergies, asthma, eczema
- Neurodevelopment disorders: autism, ADD/ADHD, and developmental delay
- Pain disorders: myofascial pain, headaches, sport, and injury related pain
- Functional disorders: fibromyalgia, chronic fatigue, and irritable bowel syndrome
We employ a variety of evidence based and complementary approaches:

- Diagnostic testing for digestive problems, toxicity, and metabolic disorders
- Medication tapering, transition to natural remedies, detoxification,
- Allergy assessment, bioenergetic elimination techniques, customized diets (GFCF, SCD, LOD, Feingold)
- Hyperbaric Oxygen Therapy, herbal supplements, homeopathy, nutraceuticals
- Behavioral interventions, family coaching, psychopharmaceuticals
- Osteopathic manipulation, acupuncture, bioenergetics
- Far infrared massage, traction, home exercise programs
- Occupational therapy, Speech therapy, interactive metronome
- Therapeutic listening, EEG neurofeedback
- Counseling and psychotherapy

At Natural Balance we believe in a truly interdisciplinary and holistic approach to treating patients. We believe that by working as a team we will provide you and your family with the best care available. Human health is analogous to a wheel; each spoke must be stable and strong. Each spoke represents aspects of our human nature— including physical health, emotional health, spiritual health, etc. There is more to health than we often realize. Be encouraged, and encourage your friends and loved ones, to take responsibility for wellness in every area of life!
Our team, left to right: Dena Sabou (HBOT program, director); Brenda Baran (nutritional therapy practitioner); Robert Piper (social worker and psychotherapist); Jessica Ferrell (patient services); Dr. Amy Saunders (internal medicine and women’s health); David Manwiller (psychotherapist and family coach); Dr. Tony Boggess (medical director); Jennifer Bielak (clinical support, diagnostics); Lili Boggess (office manager); Michelle Provost (IV therapy, clinical assistant); and Jenna Wunder (registered dietitian).

Our Doctors

Dr. Tony Boggess is a Physical Medicine and Rehabilitation (PM&R) physician who specializes in Osteopathic Manipulative Medicine (OMM), Nutritional-Biomedical Rehab, Bioenergetics and Medical Acupuncture (including its non-invasive variants for children).

He received his Doctor of Osteopathy degree from Midwestern School of Medicine, completed his specialty training in Physical Medicine at the University of Michigan, and earned additional certification in Medical Acupuncture through Stanford University.

Dr. Boggess is interested in a wide variety of medical approaches. He especially enjoys working with families and children with special needs, and treating perplexing pain, mood, sleep, and functional problems in adults and children. He enjoys coaching on wellness programs and preventive medicine, and he uses integrative and functional medicine protocols to address the root cause of “dis-ease.” In addition, he enjoys using nutritional strategies to assist patients off prescription medications, caffeine, and other addictive substances when appropriate and desired.
Dr. Boggess is known for a personalized approach and spending ample time with patients. He often enjoys success helping patients and families with symptoms or problems dismissed or otherwise ignored by other clinicians. As a licensed physician he utilizes all the technological advances of modern medicine combined with complimentary strategies to provide the most comprehensive care to his patients.

Dr. Boggess is married and has two young daughters and a son. He and his wife Lili (who is also our general business manager) consider themselves life-long explorers of healthy living and lifestyle practices and together imbibe the theme of our clinic: ‘Natural Balance’.

Dr. Amy Saunders is an internal medicine and women’s health physician with over 30 years of clinical experience. With sincere interest to combine her conventional knowledge with holistic and integrative principles, she joins Natural Balance Wellness Medical Center after 20 years of dedicated service at the University of Michigan.

Dr. Saunders’s medical training includes completing her Internal Medicine training at Ohio State University, followed by a research fellowship in General Internal Medicine at Duke University, and earning a Masters in Public Health from University of North Carolina. Since 1992 she has lived in and served the community of Ann Arbor as an assistant professor of Internal Medicine at University of Michigan. During this time, she became a co-facilitator for the Faculty Scholars Program in Integrative Medicine and through this program developed rewarding collaborations with many excellent providers of complementary and alternative approaches in and around the Ann Arbor community.

As a conventionally trained physician, Dr. Saunders offers the best of conventional medicine, diagnostics, and disease prevention combined with the broader understanding and tenets of integrative nutrition, energy work, manual therapy, and nonpharmacologic alternatives to musculoskeletal pain and other chronic inflammatory conditions.

Dr. Saunders is well-known amongst her patients for devoted, patient-centered care, where the physician and patient work as a team to find the most beneficial and appropriate treatment course. She teaches that true health means maintaining or restoring a state of inner balance and igniting the body’s natural capacity to self-heal. To this end she encourages her patients to maintain a healthy diet, healthy lifestyle, and to avoid or manage the many toxic exposures (both physical and mental) that we encounter everyday. Dr. Saunders is married and has two children. The whole family is grateful to live in this vibrant and thoughtful Ann Arbor community. She enjoys travel, hiking, reading, writing, and working for social/political causes.
Psychology

David Manwiller is a youth counselor, psychotherapist and family coach who provides compassionate and conscientious care to many of our patients. His aim is to improve the emotional, social and environmental health of patients diagnosed with psychological disorders. He is particularly passionate about his work with children with special needs and their families. David employs cognitive-behavioral therapy, applied behavioral analysis, and neurotransmitter therapy for his patients.

Having been diagnosed with—and recovered from—nonverbal autism himself as a child, David understands the special challenges and blessings that families incur caring for a child with a neurodevelopmental disorder. His passion for the subject is clear, and his mission is to fully understand the dynamics, causes and consequences of these escalating disorders in today’s youngest members of society. To this end, David is studying a sub-field of psychology known as FNI (psychoneuroimmunology), and he brings these special perspectives and skills to his current work with our patients.

David’s educational background and future plans include a master’s in counseling psychology from Moody Theological Seminary, and a doctorate in clinical psychology.

Robert Piper is a Licensed Clinical Social Worker and psychotherapist with a Masters Degree in Social Work from the University of Michigan. He has over 20 years of experience working with adults, families, and children in a variety of clinical settings. In addition to traditional psychotherapy, Robert has extensive training and clinical experience in mindfulness-based stress reduction, mind-body medicine, and hypnotherapy. Through his work with our patients, Robert empowers individuals, parents, and families to accelerate personal growth, deepen relational bonds, and establish mindful patterns of interaction with each other.

Robert is a long-term resident in the Ann Arbor area and is married, with twin daughters in college and two affectionate cats at home.

Clinical Support

Brenda Baran is a certified Nutritional Therapy Practitioner specializing in biomedical and functional nutrition, Lingual Neuro Testing, and healing food diets. She received her Bachelor’s in Chemistry from Kalamazoo College and earned advanced certification in Integrative Nutrition from the Nutritional Therapy Association.

Nutritional healing and traditional foods is Brenda’s lifelong passion. She truly enjoys educating patients about industrial food production, chemicals, and potential carcinogens and she encourages clients to understand the ingredients in their food and where their food comes from. She advises on specialized diets, integrative nutritional protocols, and supplements to enhance health and address specific concerns. Her skills in Lingual Neuro Testing help take the guesswork out of nutritional supplementation and prove to be a useful adjunct in our work with patients... In her spare time, Brenda makes kefir, kvass, fermented vegetables, bone broths, soaks nuts and seeds, and brews kombucha. She also teaches classes to our patients, especially parents with special needs children, to do the same.
**Dena Sabou** is a well-known autism awareness advocate in South East Michigan and patient/physician educator for Health Dimensions Compounding Pharmacy. She is also a part-time parent coach, biofeedback therapist, and director of our Hyperbaric Oxygen Therapy program at Natural Balance Wellness.

Dena’s passion for education and children is truly inspiring. After receiving her Bachelor’s in Science and becoming an elementary and middle school teacher, her youngest son was diagnosed with Autism. This changed her life both personally and professionally. In the years that followed she researched autism extensively and became a clinical assistant with a number of biomedical experts (including working in our office). Along the way she herself became well versed in dietary interventions, nutritional supplementation, neurofeedback, Son-rise play therapy and Hyperbaric Oxygen Therapy.

Dena has experienced first hand the benefits of these interventions with her son. He is now six, in mainstream kindergarten, and considered medically recovered from Autism. Dena is dedicated to supporting parents on the journey to recovering their children and currently she wears many hats to help her achieve this goal.

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**Jenna Wunder** is a registered dietitian specializing in whole foods and women’s health nutrition, breastfeeding support, and NAET allergies elimination techniques. She is well versed in both conventional and holistic dietary principals regarding a variety of conditions including heart disease, cancer, diabetes, inflammation, weight issues, behavioral disorders, and autism spectrum disorders.

With sincere interest to share her knowledge of integrative approaches, Jenna joins Natural Balance Wellness Medical Center following 10+ years at the University of Michigan’s Integrative Medicine where she was the clinical dietitian for the IM Well Center and a program coordinator for their research department. During this time, she also co-developed the UM Healing Foods Pyramid™ and taught whole foods nutrition throughout the UM medical school, nursing school, and other institutions nationwide. Jenna earned her Masters in Public Health from the University of Michigan.

Jenna’s passion is to help people help themselves. She has strong clinical skills and her enthusiasm is apparent to all those who seek her guidance. Jenna also enjoys caring for her young son, practicing yoga, and cooking, cooking, cooking.
Natural Balance Hyperbarics (A subsidiary of Natural Balance Wellness Medical Center) has teamed up with OxyHealth to provide our patients and the public with high quality and affordable rental and purchase programs for portable Oxygen therapy in the home. As a medical practice, that specializes in holistic health and wellness care, we know the science of hyperbaric oxygen and we offer sound advice to our patients and patrons.

Hyperbaric Oxygen Therapy (also known as HBOT) is a method by which we deliver 100% oxygen to the entire body at greater than normal atmospheric pressure. Oxygen is one of natures great healers, especially as it pertains to inflammation and injury in deep tissues (the brain and gastrointestinal for example). In general oxygen is known to accelerate the body’s natural ability to heal itself.

Ideally we prefer to provide chambers to those who have been examined, diagnosed, and deemed in need of this type of therapy – and to those patients who would most likely gain from a physician’s hands-on protocol and expertise while using mild hyperbarics (i.e. less than 1.3 atm) at home.

However for the public we are available to answer general questions about hyperbaric therapy and are willing to sell discounted new or gently used OxyHealth hyperbaric chambers. But the oxygen concentrators and prescription for oxygen must always come from a treating physician.

Natural Balance Wellness pledges to maintain its commitment to our patients’ well-being in all aspects of Hyperbarics.
Several worthwhile phenomena occur in a hyperbaric oxygen environment that makes healing happen. For example...

While clinicians worldwide recommend hyperbaric oxygen for various conditions such as those noted below, no statements herein have been evaluated and approved by the FDA.

- Inflammation is reduced in deep tissue structures
- Body tissues and blood become saturated with oxygen
- Increased production of stem or origination cells (promoting tissue regeneration where possible)
- New capillaries are developed
- Blood vessels dilate and circulation improves
- Appears to supports and stimulate the immune system
- Restores oxygen to oxygen deficient tissues
- Assist with the repair of damaged tissue
- Clinically reported to reduce pain (and inflammation)
- Known to decreases edema and swelling
- Known to fight infection with oxygen sensitive invading organisms
- Aids in detoxification and reduces oxidation stress

Many conditions have been successfully treated with HBOT. For example...

- Accelerate Healing
- Adjunct to Physical Therapy
- Anti Aging
- Arthritis
- Autism
- Auto Immune
- Chronic Pain
- Fibromyalgia
- Multiple Sclerosis
- Neurological Disorders
- Non Healing Wounds
- Parkinson’s Disease
- Pre/Post Surgical Procedures
- Sports Injury
- Stroke
- Traumatic Brain Injury
- And many more...

In summary, Hyperbaric Oxygen Therapy (HBOT) brings hope to people when healing has not been found with conventional approaches. It's generally safe, when proper precautions are followed and has virtually no adverse side effects. The most beneficial way to undergo Hyperbaric Oxygen Therapy is to do so intensely over short time-frames. For example 2, 1 hour treatments daily for 30-60 days. Hence, our office makes this therapy available to patients via a home rental program. The unit fits easily in any home and is rented on a monthly basis. For more information about or rental or purchase programs please visit our website: www.nbhyperbarics.com or call our main office at 734-929-2696.

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Many diagnostic strategies are available at NBW Medical Center to lend greater insight into vague symptoms and pre-illness states. These tests are usually covered by health insurance with a written doctors prescription and come from the most innovative, well respected laboratories in the country and the world.

In addition to conventional medical tests, we provide a full line of functional medicine tests including: home and in-office nutritional blood spot and urine testing; saliva assay kits for stress hormones and neurotransmitters; comprehensive 3-day stool analysis; vitamin, mineral, amino acid, and oxidative stress test kits; food sensitivity evaluation tools; and many others (see details below).

Gastro-Intestinal Testing

**Gluten Allergy and Sensitivity Testing:** Helps identify gluten sensitivity related to celiac disease and “subclinical” gluten sensitivity problems. Provides a guide to elimination diets and means to assess improvements over time.

**Comprehensive Digestive Stool Analysis:** Provides a comprehensive, noninvasive diagnostic evaluation of the GI system looking at gut ecology, potential pathogens such as opportunistic bacteria, invasive yeast, and parasites, assesses metabolic markers, quantifies inflammation and ability to digest and absorb nutrients. The test is a 3-day home stool collection and 3-weeks culture/evaluation.

**Intestinal Permeability/Absorption Tests:** The GI system is the rate limiting step to convert food into products the body needs in order to be healthy, detox, and achieve optimal function. It also functions as a barrier to potential toxins, bacteria, yeast, parasites, food antigens and large or partially digested molecules. A number of clinical conditions result from either increased or decreased permeability and we use this and other intestinal assessments to look for the root cause of “dis-ease.”

**Small Bowel Bacterial Overgrowth Breath Test:** Analyzes the fermentation products of bacteria in the small intestine. When first-line protective factors such as acid and enzyme are down regulated, normal populations of bacteria can become excessive in the upper GI tract and cause immune hyper-reactivity, intestinal permeability, nutritional deficiencies, and a host of other digestive problems associated with irritable bowel, mood problems, fatigue, yeast overgrowth and exposure to toxic bacterial byproducts.
**Food Allergy Testing**

**Food Sensitivity and Allergy Testing:** We use a variety of tests to evaluate for chemical sensitivity, food allergies, and intolerances. One such test, measures muscle response and variable pulse rate using applied kinesiology techniques. We also use convenient blood-spot tests to evaluate for food and environmental sensitivities, and look indirectly at metabolic markers to assist in diagnosing chemical sensitivities.

**Nutritional Testing**

**Amino Acid Analysis:** Uses urine or blood spot to evaluate for deficiencies associated with nutritional problems, fatigue, metabolic impairments, general pain, mood and sleep issues, anxiety, and much more.

**Essential and Metabolic Fatty Acid Analysis:** Assists with identifying imbalances and/or deficiencies associated with conditions like dysbiosis, cardiovascular disease, hyperactivity, autoimmune phenomena, depression, and many other symptoms/problems.

**Intercellular Nutritional Assessment:** Standard diagnostic tests evaluate the blood which may or may not represent the total picture. More advanced protocols look at the level of organic acids, fatty acids, amino acids, vitamins, minerals, and antioxidants in the cell itself via culture methods of white blood cells giving invaluable insight to the life and nutritional status of the cell itself.

**Hormone and Neurotransmitter Testing**

**Hormonal Health Assessments:** Used to find ways to alleviate symptoms associated with Fatigue, Sugar Cravings, FMS, Perimenopause, Lost Libido, Polycystic Ovary Syndrome, Dysmenorrhea, Impotence, Sexual Dysfunctions, Depression, and Declining cognitive function, and Osteoporosis in both Men and Women.

**Saliva Testing:** Saliva samples are used to test a wide spectrum of hormone and neurotransmitter levels in pediatric and adult patients. Examples of hormones tested include progesterone, testosterone, DHEA, cortisol, melatonin, thyroid and several others.

**Toxicity and Oxidative Stress Analysis**

**Toxic Element Analysis:** Helps identify potential toxic burdens and nutrient imbalances that may play a role in symptoms associated with chronic fatigue, “brain-fog,” depression, hyperactivity (children), autism (children), stress, thyroid problems and many other functional symptoms and conditions.

**Oxidative Stress Profile:** Measures oxidative stress at the cellular level associated with many symptoms such as fatigue, chemical sensitivity, mood problems, hyperactivity, and autism spectrum disorders. In addition, the profile provides an indirect measure of the consequences of toxic exposures, medications, trauma, radiation, etc.

**Cellular Energy Profile:** Reveals metabolic distress and mitochondrial physiology potentially associated with generalized muscle pain, fatigue, cold intolerance, toxic exposure, nutrient imbalances, digestive dysfunction and many other factors.
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Services: Medical/biomedical/hyperbaric diagnostic evaluations with Dr. Boggess

SATELLITE CLINIC – NAPLES, FL

Location: 4949 Tamiami Trail North
#208, Naples, FL 34103

Services: Medical/biomedical/hyperbaric diagnostic evaluations with Dr. Boggess