

Spring 2026 Newsletter

April New Moon

Health Education | Fitness Tips | Wellness Suggestions



A Seasonal Publication from Wild Heart Therapies – A Centre for Natural Health

Located in Fernie, British Columbia, on the unceded territory of the Ktunaxa (pronounced "k-too-nah-ha") Nation

Taurus New Moon – Spring 2026

Theme: April New Moon

You've been with us since the beginning, and we take pride in being a part of this small mountain town community. We're so glad to be a part of your ongoing healthcare and wellness.

Wildheart Therapies - Spring 2026 Practitioner Guide

“When we heal ourselves, we heal the world. For as the body is only as healthy as its individual cells, the world is only as healthy as its individual souls.” — Mark Nepo

Welcome

Wildheart Therapies is dedicated to supporting your health through a naturalistic, integrative, compassionate, and individualized approach to care. Our team of experienced practitioners brings together diverse disciplines, working collaboratively to help you restore balance, build resilience, and move toward lasting wellness.

Healing is not a single event, but a process—one that unfolds with the right guidance, care, and intention.



Our Practitioners

Naturopathic Medicine: Dr. Ashley Romanchuk, ND/NP

Osteopathic Manual Practitioners: Lynette Hanson, D.O.M.P,

Candice Nesrallah, D.O.M.P/RMT

Acupuncture: Patti-Ann Krywulak, R. Ac

Becca Thomas, R. Ac

Registered Massage Therapy: Candice Nesrallah, D.O.M.P/RMT

Nutritional Counselling: Emily Wadler, M.Ed Nutrition Science

Clinical Counselling: Jennifer Schwientek, MA

Health Coach: Elle Raevyn, Nutritionist, Phytotherapist

Call Daniella to book: 250-531-0154

or

Book Online: www.WildheartTandF.ca

Dr. Ashley Romanchuk, ND – Naturopathic Physician



Dr. Ashley Romanchuk practices with a deep respect for the body’s innate ability to heal. Her work is rooted in identifying and removing the obstacles that prevent optimal health, allowing the body to naturally restore balance.

As a licensed naturopathic physician with prescribing authority in British Columbia, she offers a truly integrative approach—bridging botanical medicine, clinical nutrition, and lifestyle therapies with pharmaceutical support when necessary. This dual capability allows her to tailor treatments that are both natural and medically comprehensive.

Ashley is committed to evidence-based care and remains continuously engaged with current medical research. Her approach is thoughtful and thorough, ensuring that each patient receives care that is both personalized and grounded in the latest scientific understanding.

Her goal is to empower individuals to take an active role in their health, supporting long-term vitality rather than short-term symptom relief.

To Book:

Ashley Romanchuk, Naturopathic Physician, B.Soc.Sci.

info@wildheartTandF.ca

Book with Daniella: 250-531-0154

<https://wildhearttandf.ca>

Lynette Hanson, D.O.M.P. – Osteopathic Manual Practitioner



Lynette Hanson brings over a decade of advanced education and clinical experience to her osteopathic practice. Her work reflects a deep understanding of the body’s structure and its natural capacity to adapt, heal, and self-regulate.

She works with a wide range of individuals—from athletes to newborns—addressing both acute injuries and chronic conditions. Her treatments are gentle yet precise, focusing on restoring alignment, improving mobility, and enhancing the body’s internal balance.

Lynette’s approach considers the whole person, recognizing the interconnectedness of physical, emotional, and physiological systems. Whether supporting recovery from injury, managing chronic pain, or assisting with prenatal and pediatric care, she offers a grounded and attentive therapeutic experience.

To Book:

Lynette Hanson, B. Sc Kin, D.O.M.P.

Osteopathic Practitioner

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778-963-2006

<https://wildheartandf.ca>

Candice Nesrallah, D.O.M.P., RMT – Osteopathic Practitioner & Registered Massage Therapist



With over 20 years of hands-on experience, Candice Nesrallah offers a deeply intuitive and integrative approach to bodywork. Her practice has evolved through extensive training in massage therapy, acupuncture, and osteopathy, resulting in a refined ability to listen to the body through touch.

She views the body as a dynamic and interconnected system, where structure, fluid movement, and the nervous system work in constant relationship. Her treatments are gentle, responsive, and guided by the body's natural rhythms rather than forceful intervention.

Candice's work is especially supportive for those experiencing chronic pain, injury, or long-standing patterns that require a more nuanced approach. Her intention is to create the conditions in which the body can reorganize and heal at its own pace—honoring both the physical and subtle aspects of health.

To Book:

Candice Nesrallah, D.O.M.P., RMT

Osteopathic Practitioner and Registered Massage Therapist

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+1 416-473-4255

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Patti-Ann Krywulak, R. Ac. – Registered Acupuncturist



Patti-Ann Krywulak offers acupuncture treatments grounded in traditional techniques and modern understanding. Her practice focuses on restoring balance within the body, supporting both physical and internal systems.

Using modalities such as acupuncture, cupping, and gua sha, she works with a wide range of concerns—from musculoskeletal pain to digestive health. Her treatments are designed to stimulate the body’s natural healing processes while promoting relaxation and overall well-being.

Patti-Ann’s calm and steady approach creates a space where clients feel supported, allowing healing to occur in a natural and effective way.

To Book:

Patti-Ann Krywulak, R. Ac.

Registered Acupuncturist

fernieacupuncture@gmail.com

+1 250-278-2020

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Becca Thomas, R. Ac. – Registered Acupuncturist



Becca Thomas is known for her gentle, compassionate approach to care. She creates a calming environment where clients can fully relax and feel at ease, allowing treatments to work more effectively.

Her work supports a wide range of concerns, including pain management, injury recovery, women’s health, and emotional well-being. Each session is thoughtfully tailored to the individual, focusing on restoring balance and improving overall function.

Becca’s intention is to help clients feel more grounded, supported, and connected to their own sense of well-being—both during treatment and in everyday life.

To Book:

Becca Thomas, R. Ac.

Registered Acupuncturist

Elkvalleyacupuncture@gmail.com

778-963-0639

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Jennifer Schwientek, MA – Clinical Counsellor



Jennifer Schwientek provides a supportive and insightful space for individuals navigating emotional and relational challenges. Her work focuses on helping clients understand and transform patterns related to codependency, self-worth, and attachment.

Through counselling, she guides individuals toward greater self-awareness, emotional resilience, and healthier relationship dynamics. Her approach encourages clients to reconnect with their sense of identity, build confidence, and create meaningful, balanced connections.

Jennifer's work is rooted in empathy and understanding, helping individuals move forward with clarity, strength, and a renewed sense of possibility.

To Book:

Jennifer Schwientek, MA, Clinical Counsellor

Text to book: 604-787-3414

<https://wildheartandf.ca>

Emily Wadler, MA – Nutritionist



Emily Wadler is a plant-based nutritionist and educator with a passion for helping individuals reclaim their health through sustainable, evidence-based nutrition.

Her work addresses a wide spectrum of health concerns, including hormonal imbalances, chronic disease, digestive health, and athletic performance. She develops personalized nutrition plans that are both practical and aligned with each individual's unique needs and lifestyle.

Emily's approach emphasizes long-term change rather than short-term fixes, focusing on restoring balance within the body—particularly the gut microbiome—while supporting overall vitality.

Her guidance is both educational and empowering, helping individuals build a lasting relationship with food that supports both personal health and environmental sustainability.

To Book:

Emily Wadler, MA, Nutritionist

Text to book: 604-230-7571

<https://wildheartandf.ca>

Elle Raevyn – Health Coach



Elle Raevyn brings a holistic and deeply personal approach to health and wellness. Drawing from her background in nutrition, herbal medicine, fitness, and lifestyle coaching, she supports individuals in aligning with their unique needs.

Her work is rooted in the belief that true health is the foundation of a fulfilling life. She integrates modern knowledge with traditional wisdom, helping clients develop sustainable habits that support both physical and emotional well-being.

Elle's approach is empowering and transformative, encouraging individuals to reconnect with their bodies, build strength, and cultivate balance in all areas of life.

To Book:

Elle Raevyn

Health Coach

innerwealthcoaching@hotmail.com

Healing is a process that does not happen overnight but requires guidance and perseverance. Wildheart Therapies is here to support you into your best health.

Booking Information

To schedule an appointment:

- **Phone:** [+1 250-531-0154](tel:+12505310154)
- **Email:** info@wildhearttandf.ca
- **Website:** www.wildhearttandf.ca

Mail us at:

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