



BUSINESS PROFILE

Mederi Wellness Center focuses on mind, body

By JACOB LAMMERS

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PORT CLINTON

Leaving the Mederi Wellness Center is pretty tough.

The hypnotherapy office located in the Kenny House, 226 Adams St., provides a sense of relaxation and focuses on using the mind to heal the body, said owner and operator David Prudhomme.

"We relax your mind and relax your body and that's where real change takes place," Prudhomme said.

Prudhomme attended the Banyan Hypnosis Center in Orange County, Calif., where he received certification as a hypnotherapist and master hypnotist.

Prudhomme uses hypnosis, meditation, self-hypnosis and breath exercises, which he said helps people reach their potential and break down walls that prevent them from having a productive life.

"The goal for them is to take back control of their life," he said. "It all comes down to stress and how to reduce it."

Prudhomme said there are many misconceptions associated with hypnotism and a vast majority of those myths are unfounded.

Clients are in full control during hypnosis and cannot be hypnotized against their will, Prudhomme said.

"You have to want it and I assist you in getting beyond your limits and beliefs," he said. "It's really a partnership."

Prudhomme said hypnosis can be used to help people with any problems including weight loss, anger management, drug abuse and self-confidence.

Nancy Barna, owner of the Kenny House, said the wellness center is great addition since it coincides with the business's focus on alternative wellness.

"It's exactly what we've been looking for," Barna said. "We have a nice variety of different treatments. We try to line them up with the right practitioner."

Prudhomme said he wants to help people understand how their minds work and give them the willpower to make positive changes in their lives.

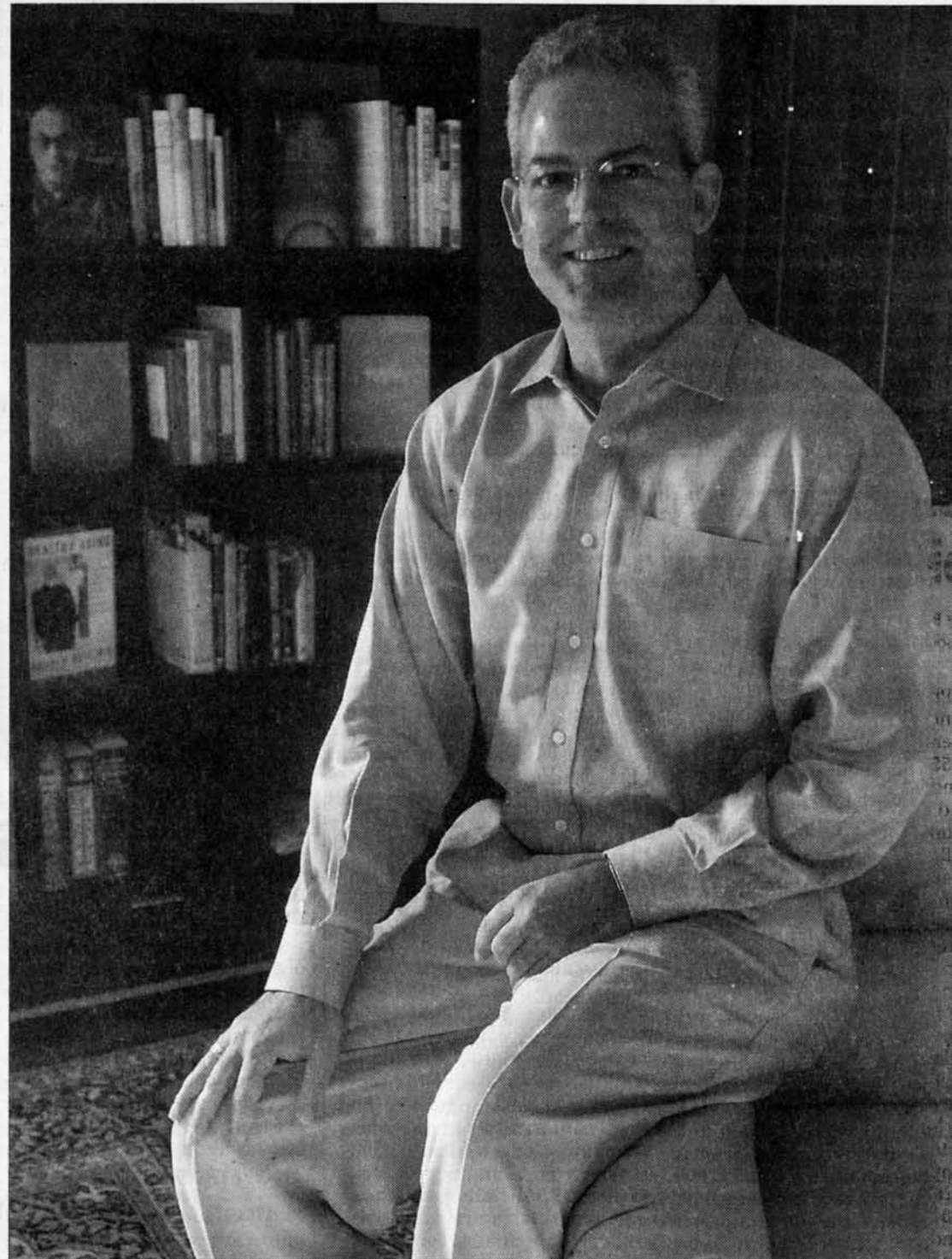
"We talk about what they want to do and we develop an individual wellness program," Prudhomme said.

MEDERI WELLNESS CENTER

■ **WHERE:** The Kenny House, 226 Adams St., Port Clinton

■ **WHEN:** By appointment in the morning, afternoon and early evening

■ **INFO:** Call 419-734-5943



Register photo/ LUKE WARK

David Prudhomme of the Mederi Wellness Center, in the Kenny House at 226 Adams St. in Port Clinton, specializes in hypnotherapy to help patients break down personal barriers and lead more productive lives.