

Middle Keys Oriental Medicine

8903 Overseas Highway, Marathon

Posted - Saturday, August 28, 2010 11:00 AM EDT

It's "a room and a day" per week now, but Marathon native Candice Nelms has lofty goals for her new Middle Keys Oriental Medicine practice.

"I'm maneuvering to create a one-stop shop for women's health," she said. That includes a nurse practitioner, chiropractor, massage therapist and acupuncturist "for starters."

But that comes later, Nelms said. For now she's busy expanding her own Key Largo practice, as well as the Keyswide reputation her father, Dr. Robert Nelms, built as longtime Florida Keys medical examiner.

And that takes time, as Nelms discovered in Key Largo. Most folks aren't sold on her brand of medicine at first.

"What I'm finding now is a lot of people asking questions about what they can achieve with me. Key Largo took me about a year to build. As people receive good results, the news will spread around and I've always received patients through referrals and positive talk," she said.

Nelms opened her Marathon space Aug. 10 at the Island Girl Salon at 8903 Overseas Highway. Appointments are available from 8 a.m. until 8 p.m. every Tuesday.

A graduate of Dragon Rises College of Oriental Medicine in Gainesville, Nelms uses contemporary Chinese pulse diagnosis as a method of preventative treatment. It entails analyzing 28 pulse points on each arm and identifying ailments in the beginning stages.

"It's a preventative way of stopping things from getting into the physical part, where diseases manifest in Western medicine," Nelms said.

Nelms' methods also include acupuncture, Chinese/Western herbs, Tui Na (medical bodywork), nutritional counseling and Shaolin Qi Gong, a traditional Chinese meditative practice.

To book a consultation or treatment, call 389-4905 or e-mail info@candicenelms.com.