



Daughter of Local Physician Keeps Family Tradition Alive *Nelms Brings Contemporary Eastern Medicine to Middle Keys*

Candice Nelms' family traditions are deeply rooted in Western medicine.

Her sister is a surgeon, and her father is Dr. Robert Nelms, a retired pathologist who was appointed medical examiner for the Florida Keys by the governor.

She remembered working with her father at a very young age.

"I would help him examine tissue and explore what happened to bodies internally," she explained. "It was 'after the fact' medicine, so to speak, because diseases like cancer had already manifested themselves."

Those early experiences gave her a very unique perspective to begin questioning what measurements from the body could be taken before such terminal illnesses became evident.

At 16, she left Marathon to travel around the globe and study with various healers and practitioners of Eastern medicine.

Nelms, A.P., Dipl. O.M., is now a nationally board certified practitioner of Oriental Medicine and a continuing student and practitioner of Contemporary Chinese Pulse Diagnosis. After a year of offering her services at Harmony Healing in Key Largo, she's expanded her offerings to include one day a week at the Island Girl Day Spa in Marathon.

Consultations and treatments, which are covered in whole or in part by most insurance companies, are available by appointment on Tuesdays from 8 am to 8 pm.

"It's a sort of homecoming



for me," said Candice, who was a standout athlete at Marathon High School from 1984-1987. "It feels great to know I can introduce a way of treatment practices for common and complex ailments that weren't available when my dad was practicing medicine."

The elder Nelms started his practice in Marathon in 1984 and was soon appointed as the Medical Examiner. In this role that he held until his retirement in 2001, Dr. Nelms was responsible for the entire Florida Keys, Fort Jefferson and parts of the Everglades.

"I started my career as a primary care physician," said Dr. Robert Nelms. "So it's wonderful to see that my daughter has chosen to follow in my footprints. Of course, her footprints come with a twist."

The twist is Oriental Medicine. Candice earned her Masters in Oriental Medicine from Dragon Rises College of Oriental Medicine in Gainesville, Florida. This intensive

four-year program, which included clinical studies, a specialized study in Contemporary Pulse Diagnosis and a year long internship with intensive case analysis and herbal customization, prepared Candice to handle everything from digestive disorders and post surgical recovery to facial rejuvenation and infertility.

Her tools, unlike her father, involve acupuncture, pulse diagnosis and Chinese herbs.

The differences between father and daughter do not stop there. Ask the elder Nelms if he has 15 years experience in Martial Arts with a specialized study in Shaolin Medical Qi Gong and he's likely to tell you no.

"But I do like to snorkel," said Dr. Nelms in response.

What they do have in common is a desire to use medicine to help.

"I'm ready to pick up where my dad left off," Candice said. "People in the Keys are looking for a more authentic natural approach to medicine. This is always the last resort; never the first."

Her types of treatments can be used as a supplement to traditional Western medicine. Acupuncture, a safe and effective natural therapy and increasingly popular form of healthcare, has been proven to alleviate stress, improve digestive function, relieve sports injuries, reduce chronic fatigue, alleviate insomnia and relieve depression among other things.

For more information and to book an appointment online, go www.candicenelms.com.