

Practitioner Corner:

Sandra Breiterman

Growing up as a Cuban immigrant in Miami Beach, I sensed the community's need for support, nurturing and personal empowerment. This became obvious to me when family members needed to seek health care in the existing medical system. Soon my journey led me to discover that I wanted to somehow fulfill a need for a gentler healing model. Eventually, it led me on a journey and one path led me to discover Australia. Finding this new home, I studied and practiced Naturopathy and gave birth to my now two grown children. I am happy to have come full circle and bring my healing work back to Miami Beach. As a licensed acupuncture physician, the core of my approach is holistic healing and wellness. I specialize in personal empowerment and transformation and clients gain a conscious awareness of the connection between their attitudes, beliefs, emotions and their physical symptoms. Gently guiding them, I use various healing forms, to create the desired transformation. As a result of this sacred work, clients learn to listen to their bodies, to nurture themselves, empower themselves, and heal themselves.



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