

Our Philosophy

Your body contains all of the information it needs to correct the imbalances leading it toward disease. With the appropriate support and a little help from nature it CAN find the way back into balance leading you toward your most healthy and vibrant state of being.

"When the roots are deep there's no reason to fear the wind"



Your Initial Consultation is free.

Call to learn more.

(954) 434-1800



Acupuncture is covered by some health insurance plans, but not all. If your plan covers acupuncture, our staff will bill your insurance company for the service and you will be responsible for any co-payments required. If your plan does not cover acupuncture, you may still receive the service for a reduced cash fee. Packages are also available. Cash, checks, HSA and all major credit cards are accepted.

Deep Roots has proudly been voted "Best Alternative Wellness and Nutrition Center" in Davie, Cooper City & SW Ranches FL for the last 3 years!

We pride ourselves on the fact that over 80% of our new patients are referred to us by other patients or people in the community who have witnessed the life-changing benefits from our work. We look forward to helping you and your loved ones on the journey to a more joyful, energetic, and healthy life.



Contact Us

9532 Griffin Road
Cooper City, FL 33328

(954) 434-1800
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www.deeprootsholistic.com



We offer a full range of services and customized holistic programs to help you reach your health & wellness goals.



Deep Roots Apothecary, stocks a wide variety of high grade herbs, homeopathics, supplements and CBD medicinals including: Xymogen, Pure Encapsulations, Boiron, NuHerbs, Sun Ten, Good Life Botanicals, Dr. Morse's Herbal Botanicals, as well as Deep Roots signature organic / wild harvested herbal products.



Services

ACUPUNCTURE

A branch of Traditional Chinese Medicine that uses fine needles in treating conditions such as pain, nausea, migraines, headache, fatigue, anxiety, depression, insomnia, digestive disorders, peri-menopausal symptoms, irregular periods, and infertility.

NUTRITION COUNSELING

Holistic nutritional counseling provides the ultimate building blocks for longevity, health, and wellness. You and the nutritionist will discuss your areas of concern and develop a nutritional plan to help you reach your goals.

IRIDOLOGY

A view into the inner workings of the body by observing the patterns and markings of the iris. These patterns are correlated with specific parts of the body and their strengths and weaknesses. These findings allow the iridologist to design an optimal nutrition plan for well-being.

ACUPOINT/ TRIGGER POINT INJECTIONS

Homeopathic and/ or vitamin injections to treat a variety of conditions including acute/chronic pain, low immune function, low stamina, and fatigue. Safe for patients on multiple medications, sensitive to NSAID's, or those choosing an alternative to corticosteroid treatments.

HOMEOPATHIC MEDICINE

One of the most widely practiced medicines in the world for over 200 years. Homeopathy, is safe and highly effective for all ages with no known side effects or interference with other medications. Based on the principle that "like treats like."

HERBAL MEDICINE

Our herbal remedies are skillfully prescribed to gently enhance your body's inherent restorative function, support healing and alleviate causes of disease.

COLLAGEN INDUCTION/ MESO THERAPY

Erase fine lines, promote smoother supple skin and a more youthful appearance. Also, a wonderful treatment for hair loss and acne. Combining acupuncture, red light therapy, hyaluronic peel, multivitamins and natural plant extracts this treatment is designed to be the complete package for those looking for a natural alternative to minor face lifts, botox, fillers and/or steroid treatments.

Bodywork Menu

CRANIOSACRAL THERAPY

A light-touch approach that can create dramatic improvements in your life and wellness. It releases restrictions in the soft tissues that surround the central nervous system to relieve pain and dysfunction and improve whole-body health and performance.

60 min \$135 // 90 min \$195

DEEP TISSUE/ THERAPEUTIC

Focuses on the deeper muscle layers and surrounding connective tissues. Ideal for relieving back, neck, and shoulder pain, increasing range of motion, chronic pain and stiffness, and aids recovery from injury.

30 minutes \$75

60 minutes \$105

CUPPING

A traditional healing technique used to breakdown restriction in the connective tissue helping address issues like chronic pain, inflammation, scar tissue formation, lymphatic stagnation, and poor circulation.

30 minutes \$65

GUA SHA

A traditional healing technique used to breakdown restriction in the connective tissue helping address issues like chronic pain, inflammation, scar tissue formation, lymphatic stagnation, and poor circulation.

30 minutes \$65

PRENATAL MASSAGE

Prenatal massage is customized to support your changing body throughout pregnancy. It can help to reduce pain, swelling, and fatigue all while promoting stress relief and encouraging a healthy pregnancy.

60 minutes \$115

*Discounts available when combining massage with other services