



# Dr. Willy (Spoelder) Holmes-Spoelder

Owner at Dr.Willy Holmes-Spoelder  
Turkey | Alternative Medicine

[Edit experience](#)  
[Edit education](#)

Done editing

20 connections

[tr.linkedin.com/in/emofreeze/](https://tr.linkedin.com/in/emofreeze/) [Edit](#)

[Edit Contact Info](#)

## Background



### Summary

[Edit](#) | |

- International Business Management & Marketing  
\*\*\*\*\*

- Metaphysics
  - Orthomolecular Medicine & Nutrition
  - Advanced Applied Kinesiology
- \*\*\*\*\*

Currently and since 1989 as a self-employed Health Consultant: STRESS management (physical, emotional and mental) remains the core professional occupation.

Specialties: .Treatment of ALLERGIES, PTSD, ADHS, Traumas, PMS, Menopause m/f (depressions), Behavioural problems, \*general feelings of \*un\*wellness.

Advise - What to eat/what NOT to eat (1-4 weeks) in order to assist treatment, help healing and maintenance, improving wellbeing.

.

[Add a link](#)

[Upload a file](#)



### Experience

[Add a position](#) |

**Owner** [Edit](#) | |

Dr.Willy Holmes-Spoelder

July 1996 – Present (17 years 10 months) | TURKEY, Kaya Köyü - Fethiye, MUĞLA

I specialize in providing up-to-date HEALTH information, as practical and as EASY as possible.

Sharing my own researched information with others who are not yet so experienced is what I want to do. Go to my website: [www.willyholmesspoelder.com](http://www.willyholmesspoelder.com) where I have started to hand out information - NO CHARGE - simply because that's how I want it to be.



**Self employed**  [Edit](#) |  | 

Dr.Willy Holmes-Spoelder

January 1989 – Present (25 years 4 months)

I, Willy Holmes-Spoelder am a qualified Health Practitioner, who began studying and researching Complementary Alternative Medicine (C.A.M.) from 1985 onwards.

In 1989 I opened my own Fitness, Weightloss, Body Improvement, and Health Clinic, in Amsterdam, The Netherlands.

In July 1996, I took up residence in Southern Turkey, and since 2/2006 I became an online (global) researcher., meanwhile also continuing as a Health Practitioner - Consultant.

From 1st January, 2014 I have started to SHARE my experiences (at no charge) with onliners, who want to learn more, specially about HEALTH. Yes - health!

Note: most people do find \*health\* a boring topic until they get passionate themselves. That is easily explained: when someone FEELS low, miserable, \*old\*, cold, unhappy, most others start walking away, having enough of that themselves. Then: in such a frame of mind: where to go!! and of course: MONEY, how much does such \*help\* cost?

Information, but also WORDS that someone can understand...is the essence., and now my challenge is: that is what I am going to provide.

**THE REASON**

The other day I read a really excellent article about FOOD ALLERGIES, wow. But it was so full with information and clickable links throughtout the entire article, that EVEN my head began getting dizzy and I am an experienced, trained to fast-read, researcher. That of course means something so I said: that's it: now I am going to DO something for others so that they can proceed, step by step, and get familiar with a HUGE + very important issue, such as FOOD ALLERGIES.

Check out how I am proceeding at my own website: [www.willyholmesspoelder.com](http://www.willyholmesspoelder.com) or just type my name in a searchengine and see what comes up. I noticed myself: one excellent article did get uploaded in the searchengines, stayed as #2 for only 48 hours and then ??? where did that go, what happened?? i.e. Searchengines are behaving like fickle \*queen bees\* at the moment (2nd April,2014)

Sincerely, Willy (Holmes-Spoelder)

**The Representative BENELUX**  [Edit](#) | 

Hong Kong Trade Development Council

May 1972 – October 1988 (16 years 6 months)



The Representative for The Hong Kong Trade Development Council in The Netherlands, Belgium, Luxemburg (i.e. The BENELUX). Responsible for developing/promoting Hong Kong's export to/import from these countries, and attracting BENELUX companies to set-up their own businesses and/or joint ventures in Hong Kong.

**Representative Benelux**  [Edit](#) | 

Hong Kong Trade Development Council

May 1972 – October 1988 (16 years 6 months)



I was responsible for \*putting\* Hong Kong on the map in Western Europe (since 1972), explaining to potential buyers, importers just how fantastic an opportunity they would have doing that, visiting HongKong, training others to do the same, assist me, and in addition I was the C.E.O. of this excellent organization's offices (HKTDC) in the BENELUX, until 1988 when I really had had enough. So I dropped my expensive pen on my expensive designer desk, and left, in style, and started something entirely unusual, different, left my own country and became a Metaphysician



## Volunteer Experience & Causes

[+ Add](#) | [↕](#)

### MembershipnDirector [✎ Edit](#)

Women's International Network Amsterdam

January 1984 – October 1988 (4 years 10 months) | Human Rights

Interesting and Creative

### Opportunities you are looking for: [✎ Edit](#)

How would you like to donate your time and talent?

- Joining a nonprofit board
- Skills-based volunteering (pro bono consulting)

### Causes you care about: [✎ Edit](#)

Topics and causes that matter to you.

- Animal Welfare
- Children
- Economic Empowerment
- Education
- Environment
- Health
- Human Rights
- Disaster and Humanitarian Relief
- Politics

### Organizations you support: [✎ Edit](#)

What are your favorite organizations?

- [SafeTheChildren](#)
- [Wikipedia](#)



## Courses

[✎ Edit](#) | [↕](#)

### Independent Coursework

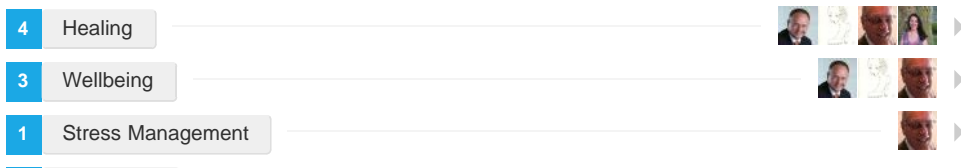
- so many this cannot be put here



## Skills & Endorsements

[✎ Edit](#) | [↕](#)

### Top Skills



- 1 Treatment
- 1 Herbal
- 1 Homeopathy
- Nutrition
- Mental Health
- Post Traumatic Stress
- Allergy

Dr. Willy also knows about...

- Menopause
- Holistic Health
- Wellness
- Lifestyle
- Relaxation
- Wellness Coaching
- Alternative Medicine
- Stress
- Energy Healing
- Supplements
- Back Pain
- Meditation
- Therapeutic Massage
- Bodywork
- Chronic Illness
- [See 1+ >](#)

### Languages

[Edit](#) |

#### English

Native or bilingual proficiency

#### Dutch

Native or bilingual proficiency

#### German

Full professional proficiency

#### French

Professional working proficiency

#### Turkish

Elementary proficiency

### Education

[+ Add education](#) |

#### In Amsterdam, The Netherlands [Edit](#) |

1945 – 1988

[+ Add a link](#)

[+ Upload a file](#)

### Additional Info

|

#### Interests [Edit](#)

[antiaging](#), [longevity](#), [health](#), [food](#), [international affairs](#)

#### Personal Details [Edit](#)

#### Advice for Contacting Dr. Willy [Edit](#)

send me an email at [emofree.ws@gmail.com](mailto:emofree.ws@gmail.com) as the first contact, tell me how you wish to be contacted, i.e. email or telephone