Client Health Transformations

Root-Cause Wellness Approach

Personalized Plans and Lifestyle Factors

Realistic Healing and Client Results

the health changes that my clients get the health changes that my clients get to see is literally shocking um it just to see is literally shocking um it just never gets old um you know between the never gets old um you know between the changes in hormone imbalances and their changes in hormone imbalances and their ability to you know live a life that ability to you know live a life that they a quality of life that they've they a quality of life that they've never even gotten to live finding out never even gotten to live finding out what kind of underlying gut infections what kind of underlying gut infections they have teaching them about root cause they have teaching them about root cause health and wellness and seeing them like health and wellness and seeing them like just Thrive just slowly progressively just Thrive just slowly progressively thrive having more energy and being able thrive having more energy and being able to take a step back from when they first to take a step back from when they first did a health Clarity call with me and did a health Clarity call with me and then where they're at a couple months in then where they're at a couple months in sometimes they don't see the changes sometimes they don't see the changes till we look at the intake forms and till we look at the intake forms and they see oh my gosh I do go to the B they see oh my gosh I do go to the B like it becomes their new normal you like it becomes their new normal you know I do go to the bathroom every day I know I do go to the bathroom every day I I do wake up not bloated oh my God I did I do wake up not bloated oh my God I did have that cheat mail and I didn't feel have that cheat mail and I didn't feel like crap slowly it's just little bitty like crap slowly it's just little bitty changes that start to progress that will changes that start to progress that will increase their health for the long term increase their health for the long term without some fad diet like I don't do without some fad diet like I don't do anything like that I don't even like to anything like that I don't even like to use the word diet but we come up with use the word diet but we come up with really really customized tailored plans really really customized tailored plans and protocols and everything based off and protocols and everything based off what their Labs say and what they're what their Labs say and what they're going through so it's not just what the going through so it's not just what the lab say when you work with me we look at lab say when you work with me we look at your lifestyle and what kind of you know your lifestyle and what kind of you know emotional trauma you may be going emotional trauma you may be going through or have been through and like through or have been through and like what we need to work through to try to what we need to work through to try to relieve all the the uh symptoms that you relieve all the the uh symptoms that you have going on in your body so you know have going on in your body so you know it's not always just going to be like it's not always just going to be like here take this magic pill you know um here take this magic pill you know um it's really taking a deep dive into what it's really taking a deep dive into what is going on internally as far as your is going on internally as far as your gut health your Hormone Health you know gut health your Hormone Health you know food sensitivities heavy metals mold food sensitivities heavy metals mold whatever we have to do to try to peel whatever we have to do to try to peel the layers of the onion to get to the the layers of the onion to get to the bottom of root cause of what's going on bottom of root cause of what's going on inside that body because it is a very inside that body because it is a very very tricky system but once once you very tricky system but once once you figure it out you'll learn the tools for figure it out you'll learn the tools for the rest of your life to be able to take the rest of your life to be able to take care of yourself you know I can sit here care of yourself you know I can sit here and say personally that like it's not and say personally that like it's not always peaches and cream over here you always peaches and cream over here you know I've had a lot of mouth problems in know I've had a lot of mouth problems in the past year and a half and I ended up the past year and a half and I ended up having to take a lot of antibiotics but having to take a lot of antibiotics but I have the tools to be able to fix what I have the tools to be able to fix what becomes you know broken due to using becomes you know broken due to using some of those Western medicine tools some of those Western medicine tools which is fine but you'll learn that tool which is fine but you'll learn that tool too when you work with me it's not just too when you work with me it's not just going to be you know I'm going to do all going to be you know I'm going to do all this stuff and then send you on your this stuff and then send you on your Merry way you're literally going to Merry way you're literally going to learn so much about your body is to be learn so much

about your body is to be so in tune with your body that you will so in tune with your body that you will know when something's going on and know when something's going on and that's my goal for you and I also want that's my goal for you and I also want you to be able to live your life like I you to be able to live your life like I don't want my clients to feel like they don't want my clients to feel like they can never have a cheat maal or they can can never have a cheat maal or they can never do this like that is not I know never do this like that is not I know I'm super realistic like listen I like I'm super realistic like listen I like Chinese food that's kind of my thing and Chinese food that's kind of my thing and I want you to be able to do that but I want you to be able to do that but then I I don't want you to be doubled then I I don't want you to be doubled over in pain so short-term restrictions over in pain so short-term restrictions sometimes yeah you know as we work on sometimes yeah you know as we work on healing the gut and getting R infections healing the gut and getting R infections then you're going to feel a lot better then you're going to feel a lot better but um I just wanted to say that like I but um I just wanted to say that like I just it never gets old when I get on one just it never gets old when I get on one of these calls with a client and they of these calls with a client and they just tell me how wonderful of feeling just tell me how wonderful of feeling and they're finally getting answers um and they're finally getting answers um