

Where to Start?

With our Mind-Body-Spirit approach, all services will overlap.

Click on the check-marks to learn more

FOCUS OF SERVICE	HOLISTIC MIND WELLNESS	HOLISTIC BODY WELLNESS/ NUTRITION	HOLISTIC SPIRIT WELLNESS	INDIVIDUALIZED DETOX
PHYSICAL HEALTH ISSUES low energy, allergies, candida, intestinal/digestive problems, skin issues, insomnia, auto-immune issues, weight loss, detoxification				
MENTAL/EMOTIONAL HEALTH ISSUES low mood, anxiety, poor coping skills, behavior issues, difficulty reaching goals				
FEELING STUCK Mentally or Physically. Not able to get past limiting beliefs and old behavioral patterns				
OVERWHELMED needing a reset and balance, body feeling "out of whack" energetically				
NEW TO HOLISTIC HEALTH				

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<p>NUTRITION</p> <p>nutritional guidance & support</p>				
<p>RELEASING TRAUMA & STRESS</p>				
<p>BRAIN HEALTH</p> <p>focus, memory, concentration</p>				
<p>ADD/ADHD/ASD/ LEARNING DIFFERENCES</p>				
<p>CHILDREN & TEENS</p>				
<p>INFANTS</p>				