

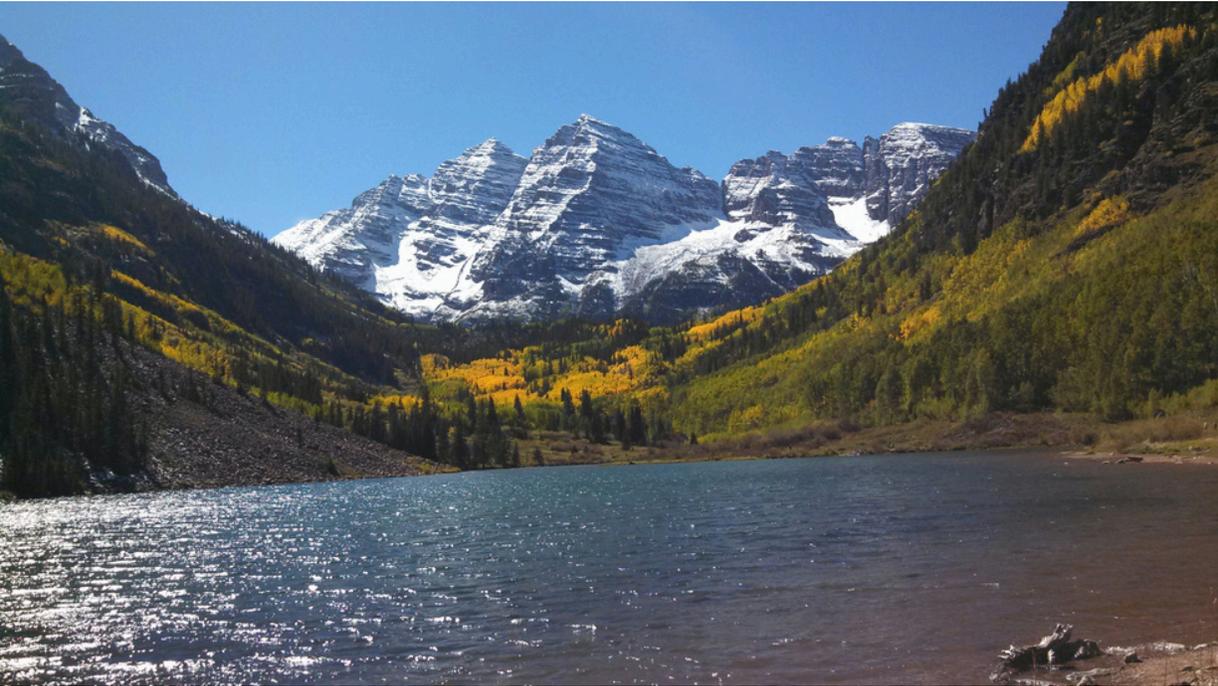
RESTORING YOUR BODY'S BALANCE



YOUR GUIDE TO OPTIMAL HEALTH DR. TOM LANKERING

Welcome to "Restoring Body Balance: Your Guide to Optimal Health". This eBook is designed to provide you with actionable tips and strategies to help you bring your body and health back to balance.

Energy is everything. To optimize the full expression of life energy it is important to address how the body expresses life energy and the factors that interfere with the full expression of life energy.



MYTH 1: FITNESS EQUALS HEALTH

·EXPLANATION: MANY PEOPLE EQUATE BEING FIT WITH BEING HEALTHY, BUT THEY ARE NOT THE SAME. FITNESS IS JUST ONE ASPECT OF OVERALL HEALTH, WHICH ALSO INCLUDES MENTAL WELL-BEING, NUTRITION, SLEEP QUALITY, AND STRESS MANAGEMENT.

CAN YOU RELATE TO ANY OF THESE: INSOMNIA, FATIGUE, ANXIETY, MEMORY LOSS, WEAKENED IMMUNITY, DIGESTIVE ISSUES, MOOD SWINGS, ADD/ADHD, AUTOIMMUNE CONDITIONS, OR DEPRESSION?

WHY DO PEOPLE DEVELOP THESE CONDITIONS?

ONE ANSWER CAN BE EXPLAINED IN THREE WORDS. THEY ARE "STRESS AND BALANCE." PEOPLE EXPERIENCE MORE STRESS THAN THEY CAN HANDLE AND IT THROWS THEM OUT OF BALANCE.

WHEN PEOPLE CAN HANDLE THE STRESS, THEY ARE BALANCED AND THEIR HEALTH IS GOOD. WHEN PEOPLE CANNOT HANDLE THESE STRESSES, THEY BECOME OUT OF BALANCE AND DISEASED. WHAT ARE THESE STRESSES?

WHAT GETS OUT OF BALANCE?

LET'S START WITH THE STRESSES. DR. JOHN BRIMHALL DISCUSSES THE TRIANGLE OF HEALTH. IN THIS SITUATION, THINK OF A TRIANGLE. AT THE CENTER IS OPTIMAL HEALTH. THE TRIANGLE REPRESENTS THE SIX MAJOR STRESSORS WHICH INTERFERE WITH THE FULL EXPRESSION OF OUR LIFE ENERGY. THE POINTS ARE PHYSICAL/STRUCTURAL, MENTAL/EMOTIONAL, AND BIOCHEMICAL/NUTRITIONAL STRESS. THE SIDES OF THE TRIANGLE REPRESENT ELECTROMAGNETIC RADIATION (EMFS), TOXINS, AND INFECTIONS/ALLERGIES. OUR WORLD HAS BECOME SO STRESSFUL BECAUSE WE ARE CONSTANTLY BOMBARDED BY THESE STRESSES.

THE BODY STRIVES FOR BALANCE. BALANCE IS A STATE OF PHYSICAL EQUILIBRIUM. IN THE BODY IT IS REFERRED TO AS HOMEOSTASIS. THIS IS A STATE THAT THE BODY STRIVES TO ACHIEVE.

OUR BODIES ARE DYNAMIC AND CONSTANTLY IN FLUX. ALLOSTASIS, IS "THE PROCESS BY WHICH A STATE OF INTERNAL, PHYSIOLOGICAL EQUILIBRIUM IS MAINTAINED BY AN ORGANISM IN RESPONSE TO ACTUAL OR PERCEIVED ENVIRONMENTAL AND PSYCHOLOGICAL STRESSORS." THIS IS THE PROCESS HAPPENING WHEN AN ORGANISM IS LIVING. LIFE IS COPING WITH STRESSES. THERE ARE CONSTANT STRESSES THAT DEMAND REACTIONS, RESPONSES, AND RECOVERIES TO ADAPT TO THE ENVIRONMENT. THE BODY CONSTANTLY DEALS WITH THE STRESSES IN LIFE.

THESE DAYS, PEOPLE EXPERIENCE HIGH LEVELS OF STRESS. MANY PEOPLE SUFFER FROM LOW GRADE CHRONIC STRESS. IT IS THE ACCUMULATION OF STRESSORS (THE 6 MAJOR TYPES) AS WELL AS THE DURATION THAT HAS ACCUMULATED OVER A LIFETIME.

Myth 2: Feeling Younger and Having More Energy is Impossible as You Age

- **Explanation: There's a common belief that aging inevitably leads to decreased energy and vitality, but this isn't entirely true. Age does come with changes, but many of the declines in energy and vitality are related to lifestyle choices.**



OUR BODIES WERE DESIGNED TO GO THROUGH A STRESSFUL EVENT AND THEN BE ABLE TO RECOVER FROM THE EVENT. NOW, PEOPLE DON'T HAVE TIME TO RECOVER. THEY GO FROM ONE STRESSFUL EVENT TO THE NEXT. OFTEN, IT IS HARD TO TELL WHEN ONE EVENT ENDS AND THE NEXT ONE STARTS. CHRONIC STRESS CREATES PATTERNS IN OUR BODIES, ESPECIALLY IN OUR BRAINS. IT INTERFERES WITH THE BRAIN'S ABILITY TO FUNCTION AND THE BODY'S ABILITY TO HEAL. THE BRAIN IS THE COORDINATOR FOR ALL THE PROCESSES IN THE BODY.

WHEN THE BRAIN IS IN BALANCE, THE BODY WILL BE IN BALANCE.

THE BRAIN AND THE NERVOUS SYSTEM HAVE A DYNAMIC RELATIONSHIP COORDINATING HOW THE BODY COPES WITH INTERNAL AND EXTERNAL STRESSES. OUR BODIES WERE DESIGNED TO BE ABLE TO GO THROUGH A STRESSFUL EVENT AND THEN RECOVER.

NOW, PEOPLE DON'T HAVE TIME TO RECOVER. THEY GO FROM ONE STRESSFUL EVENT TO THE NEXT. OFTEN, IT IS HARD TO TELL WHEN ONE EVENT ENDS AND THE NEXT ONE STARTS.

WHAT NEEDS TO BE IN BALANCE?

THERE ARE THREE MAIN PROCESSES OR SYSTEMS THAT WORK TO STAY IN BALANCE. THESE ARE STRIVING TO STAY IN BALANCE NOT ONLY WITHIN THEMSELVES BUT ALSO IN RELATION TO THE OTHER SYSTEMS.

THESE BALANCING ACTS ARE: THE SYMPATHETIC/PARASYMPATHETIC NERVOUS SYSTEM, THE GUT/BRAIN CONNECTION, AND THE HPA AXIS.

ONE OF THE MAIN BALANCING ACTS IS THE RELATIONSHIP BETWEEN THE SYMPATHETIC AND THE PARASYMPATHETIC NERVOUS SYSTEMS. THE SYMPATHETIC SYSTEM IS OUR FIGHT OR FLIGHT SYSTEM, OUR STRESS SYSTEM, OUR SURVIVAL SYSTEM. THE PARASYMPATHETIC SYSTEM IS OUR RECOVERY SYSTEM. IT GOVERNS RECUPERATION, REGENERATION, DIGESTION, DETOXIFICATION, AND ANTI-INFLAMMATION PROCESSES. THIS IS OUR HEALING SYSTEM.

MANY ARE STUCK IN STRESS OR SURVIVAL/ FIGHT OR FLIGHT MODE. WHEN THIS IMBALANCE EXISTS, THE BODY CANNOT HEAL. IT CANNOT DIGEST, DETOX, RECOVER, REJUVENATE, OR RECUPERATE.

CHRONIC STRESS CREATES THIS IMBALANCE WHICH LEADS TO CHRONIC DIS-EASE.

ANOTHER MAJOR HIGHWAY IN THE BODY IS THE GUT-BRAIN CONNECTION.

STRESS IN THE BRAIN AFFECTS THE GUT AND STRESS IN THE GUT AFFECTS THE BRAIN. WHEN THIS CONNECTION IS OUT OF BALANCE, PEOPLE CAN HAVE DIGESTIVE ISSUES. SOME OF THESE SYMPTOMS MAY BE OBVIOUS, SOME MAY NOT. FOR EXAMPLE, FOGGY THINKING, POOR MEMORY, OR A LACK OF CONCENTRATION MAY ALL HAVE DYSFUNCTIONAL DIGESTION AT THE ROOT OF THE PROBLEM.

THERE IS AN EPIDEMIC OF DIGESTIVE ISSUES SUCH AS IRRITABLE BOWEL SYNDROME, LEAKY GUT, CROHN'S DISEASE, AND GLUTEN SENSITIVITY. THE LIST IS INCREASING. A CAUSE OF THESE DIGESTIVE ISSUES IS THE BODY BEING STUCK IN THE STRESS MODE. THE DIGESTIVE SYSTEM IS COMPROMISED.

WHEN THE BODY IS UNABLE TO EFFECTIVELY DIGEST, IT IS AN INDICATION THAT IT IS HAVING A CHALLENGE TO HEAL. THE BRAIN IS STUCK IN A BRAIN WAVE PATTERN THAT IS NOT CONDUCTIVE TO DIGESTION AND HEALING.

ANOTHER ASPECT OF THE BODY BEING OUT OF BALANCE DEALS WITH THE HPA AXIS. THE COMPONENTS OF THIS AXIS ARE THE HYPOTHALAMUS, PITUITARY, AND ADRENAL GLANDS. THE ADRENAL GLANDS ARE THE CORNERSTONE OF THE ENDOCRINE SYSTEM. A METAPHOR IS THE ADRENAL GLANDS ARE THE PUSH AND THE THYROID GLAND IS THE PULL THAT DRIVES THE PUMP IN THE BODY. THE OTHER PLAYERS ON THE TEAM ARE THE GLANDS OF THE ENDOCRINE SYSTEM. WHEN THE ADRENALS GET TIRED, THE REST OF THE TEAM MUST PICK UP THE SLACK. THIS IS ANALOGOUS TO WHEN ONE PLAYER ON A BASKETBALL TEAM CANNOT PLAY UP TO THEIR POTENTIAL. OTHER PLAYERS ON THE TEAM NEED TO PICK UP THEIR PLAY. IT IS ONLY A MATTER OF TIME UNTIL THE DOMINO EFFECT OCCURS, AND THE REST OF THE TEAM LOSES THE ABILITY TO PERFORM ITS DUTIES.

ADRENAL FATIGUE OR EXHAUSTION ARE EPIDEMIC IN OUR SOCIETY. CHRONIC STRESS HAS TAKEN ITS TOLL. THIS TAKES ITS TOLL ON THE HPA AXIS BECAUSE THIS PATHWAY AFFECTS THE BALANCE OF NEUROTRANSMITTERS.

BASICALLY, WHEN THERE IS STRESS IN THE BODY, IT AFFECTS THE MIND. WHEN THERE IS STRESS IN THE MIND IT AFFECTS THE BODY. WHEN PEOPLE GET SICK, THEY WANT TO FIND OUT WHAT THEY "HAVE."

OFTEN, DOCTORS WILL GIVE THEM A NAME FOR WHAT THEY ARE EXPERIENCING WITHOUT ADDRESSING THE CAUSE OF THE SYMPTOMS OR CONDITIONS. THE BOTTOM LINE IS THAT IF PEOPLE WANT TO PUT A NAME ON WHAT THEY ARE SUFFERING FROM IT COULD BE CALLED AN "ACCUMULATED STRESS DISORDER."

IT IS IMPORTANT TO REALIZE THAT SICKNESS AND ILLNESS DO NOT JUST HAPPEN. THEY USUALLY RESULT FROM AN ACCUMULATION OF VIOLATIONS OF UNIVERSAL LAWS. THE BODY TRIES TO TELL US THAT SOMETHING IS WRONG.

MANY PEOPLE WILL NOT HEED THEIR BODY'S MESSAGES UNTIL A CRISIS IS REACHED. FOR SOME, IT MAY BE TOO LATE. THEIR BODIES MAY HAVE GONE BEYOND THEIR CAPACITIES TO HEAL. YET WITH THE MIRACULOUS BODY THAT WE HAVE, IT IS NEVER TOO LATE TO "EXPECT MIRACLES". THERE IS NO LIMIT ON THE BODY'S HEALING CAPACITY PROVIDING THAT WE REMOVE THE INTERFERENCES AND PROVIDE THE RIGHT FOODS AND RESOURCES THAT THE BODY NEEDS.

THE BODY IS VERY RESILIENT YET EXTREMELY SENSITIVE. THE SUBCONSCIOUS OR "OTHER THAN CONSCIOUS" PART OF THE BRAIN PLAYS A POWERFUL ROLE IN OUR HEALING AND FUNCTIONING IN THIS WORLD. OUR PERCEPTION OF OUR BODIES PLAYS A TREMENDOUS ROLE IN OUR PLACE IN THE WORLD.

Myth 3: Achieving Balance Takes Too Long

Explanation: People often think that achieving a balanced lifestyle is a long and arduous process, leading them to feel overwhelmed and ultimately give up.

WE ARE MORE THAN JUST A BAG OF BONES. THINK OF IT THIS WAY TO START. IF A CAR MECHANIC WERE TO TAKE A CAR APART AND LAY ALL OF THE PIECES OUT, HE COULD TAKE THOSE PIECES, PUT THEM BACK TOGETHER, START UP THE CAR, AND DRIVE OFF. BUT IF NOW WE WERE TO TAKE A PERSON APART AND SPREAD THOSE PARTS ABOUT, WOULD YOU BE ABLE TO PUT THAT PERSON BACK TOGETHER AGAIN AND EXPECT THEM TO WALK OUT OF THE ROOM? OF COURSE NOT! SO, WE REALIZE THAT THERE IS AN ENERGY THAT EXISTS WITHIN OUR BODIES.

QUANTUM PHYSICS AND QUANTUM BIOLOGY ARE DEMONSTRATING THAT WE ARE MORE THAN PHYSICAL STRUCTURES. WE ARE ENERGETIC BEINGS!

EVEN THOUGH THESE DIFFERENT SYSTEMS HAVE BEEN ADDRESSED, IT IS IMPORTANT TO REALIZE THAT THESE SYSTEMS WORK TOGETHER AS AN ENERGY FORCE. THEY ARE ALL ONE. THE BODY DOES NOT WORK IN ISOLATION.

THERE ARE VAST NETWORKS AND INTER-RELATIONSHIPS THROUGHOUT THE BODY AND WITHIN EACH OF THESE HIGHWAYS IN THE BODY. WHAT AFFECTS ONE PART OF THE BODY WILL HAVE A RIPPLE EFFECT THROUGHOUT THE BODY (AND THE WORLD). THIS IS SIMPLIFIED.

THE CONSTANT AND NUMEROUS INTERACTIONS AND FUNCTIONS IN THE BODY ARE MIND BOGGLING.

IT IS FORTUNATE THAT WE DON'T HAVE TO THINK ABOUT ANY OF THIS. THE BODY DOES THIS ALL ON ITS OWN. OUR MOST IMPORTANT RESPONSIBILITY IS TO CLEAR THE BODY OF INTERFERENCES AND TOXINS.

WHEN WE DO THIS, THE VITALISTIC WISDOM OF THE BODY PERFORMS MIRACLES EVERY SECOND. SO, HOW DO WE DO THIS?

WHILE EVERYTHING IS ENERGY, WE CAN CONTROL OR MANAGE OUR LIFE ENERGY WITH CONSCIOUS THOUGHT. OUR CONSCIOUS THOUGHT HAS AN IMMENSE IMPACT ON OUR SUBCONSCIOUS THOUGHT.

WE NEED TO REALIZE THAT WE DO HAVE CHOICES AND THAT CHOICE PLAYS A BIG ROLE IN RECOVERING FROM STRESS. EVEN THOUGH THE SUBCONSCIOUS AND THE AUTONOMIC NERVOUS SYSTEM ARE COORDINATING THE BODILY FUNCTIONS, WE HAVE THE POWER TO CHOOSE WHAT WE FOCUS ON.

ONCE WE HAVE AWARENESS THEN WE CAN MAKE CHOICES. OUR CONSCIOUS THOUGHTS CAN FOCUS ON AND MAKE CHANGES TO WHAT WE THINK ABOUT. WHAT WE THINK ABOUT, WE CAN BRING ABOUT. THE BIGGEST CHOICE WE HAVE IS TO DO SOMETHING. EVEN CHOOSING NOT TO DO SOMETHING IS A CHOICE. WE CAN CHOOSE WHAT WE FOCUS ON.

HAVING TOOLS TO REINFORCE OUR DECISION-MAKING PROCESS CAN BE VERY POWERFUL. OUR THOUGHTS LEAD TO OUR BELIEFS WHICH LEAD TO OUR ACTIONS. WHAT ARE THE BEST CHOICES TO MAKE? THEY ARE THE CHOICES THAT WILL LEAD TO THE BEST CHANCE FOR HEALTH AND SURVIVAL AS WELL AS LEADING TO THE BETTER GOOD FOR ALL.

THE FIRST PLACE TO START THAT WILL HAVE THE GREATEST IMPACT IS WITH THE BRAIN. BRAIN FITNESS IS KEY TO BETTER HEALTH. WHEN WE GET THE BRAIN IN BALANCE, THE REST OF THE BODY COMES INTO BALANCE.

THE MAIN PATHWAYS IN THE NERVOUS SYSTEM WHICH LEAD TO THE BRAIN ARE THE MUSCLE SPINDLES ALONG THE SPINE, THE JOINT RECEPTORS IN THE SPINE, THE CEREBELLUM, THE BRAIN STEM, THE EYES, AND THE EARS. A HEALTHY BRAIN SHOWS UP WITH THE MUSCLES BALANCED. HEALTHY POSTURE IS ONE OF EXTENSION AND RELAXATION.

AN IMBALANCED BRAIN CORRELATES WITH A POSTURE OF FLEXION AND TENSION. CHIROPRACTIC ADJUSTMENTS ACTUALLY CREATE PATTERN INTERRUPTIONS WHICH IMPACT BRAIN WAVES. THESE STIMULATIONS CREATE PATTERN INTERRUPTIONS IN THE NERVOUS SYSTEM WHICH CAN IMPACT THE BRAIN TO CHANGE ITS BRAIN WAVE PATTERNS.

NEUROPLASTIC CHANGES OCCUR IN THE BRAIN AND NEW RESPONSES OCCUR IN THE BRAIN. STRUCTURAL DISTORTIONS ARE CAUSED BY DYSFUNCTIONAL BRAIN WAVE PATTERNS. BALANCING THE BRAIN BRINGS THE BODY TO EASE.

CHIROPRACTIC ADJUSTMENTS ARE A VERY POWERFUL TOOL TO IMPACT THE BRAIN. MANY PEOPLE THINK OF CHIROPRACTIC AS "POPPING AND CRACKING" THE BONES BACK INTO PLACE BECAUSE THEY HAVE A PINCHED NERVE WHICH IS CAUSING PAIN.





CURRENT RESEARCH INDICATES THAT PAIN COMES FROM THE BRAIN. PAIN FUNCTIONS AS MESSAGES TO INDICATE A DYSFUNCTION OR DISEASE EXISTS. RESTORING A BALANCE OF BRAIN WAVES CREATES EASE IN THE BODY.

LIGHT AND SOUND ARE VERY EFFECTIVE ENERGIES TO STIMULATE CHANGES IN THE BRAIN.

BRAIN TAP, DEVELOPED BY DR. PATRICK PORTER, IS A TECHNOLOGY WHICH USES A HEADSET WITH EYE LIGHTS AND EARPHONES. BY USING LIGHT, BINAURAL BEATS, ISOCHRONIC TONES, GUIDED IMAGERY, AND MUSIC, THE BRAIN WAVES CAN BE ENTRAINED TO NEW PATTERNS. THIS CREATES A HEALTHY BALANCE OF THE BRAIN WAVES WHICH ARE MAINLY BETA, GAMMA, ALPHA, THETA, AND DELTA.

THERE ARE OVER 2000 PROGRAMS WHICH CREATE NEUROPLASTIC CHANGES IN THE BRAIN. THE MECHANISM WORKS JUST LIKE LOOKING IN THE FLAMES OF A FIRE. WE GET MESMERIZED BECAUSE OUR BRAIN ADAPTS TO THE LIGHT FREQUENCIES. SOUND HAS A SIMILAR IMPACT ON THE BRAIN.

PHOTO BIOMODULATION OR LOW-LEVEL COLD LASER THERAPY IS VALUABLE IN STIMULATING NEUROPLASTIC CHANGES



EMOTIONAL RELEASE IS ALSO CRITICAL TO OPTIMIZING THE FULL EXPRESSION OF LIFE ENERGY.

EMOTIONS HAVE ENERGY - LOTS OF ENERGY.

IF I WERE TO ASK YOU TO SHOW ME WHAT HAPPINESS LOOKS LIKE, OR ANGER OR FEAR, OR ANY OTHER EMOTION, YOU WOULD SHOW ME AN ENERGETIC PATTERN IN YOUR BODY. WHEN WE EXPERIENCE EMOTIONAL EVENTS THAT HAVE SO MUCH ENERGY ASSOCIATED WITH THEM, THEY CAN CREATE DISTORTIONS IN OUR BODIES. THE DISTORTIONS REMAIN UNTIL THE NEURO-EMOTIONAL COMPLEXES ARE RESET.

OUR EMOTIONS ARE STORED IN OUR LIMBIC SYSTEM IN THE BRAIN. THEY ARE THE SUBCONSCIOUS EMOTIONS. WE ARE NOT CONSCIOUSLY AWARE OF THEM. EMOTIONS CONTROL OUR THOUGHTS AND ACTIONS 95% OF THE TIME. NEURO-EMOTIONAL TECHNIQUE (NET) DEVELOPED BY DR. SCOTT WALKER RESETS THE BODY AND BRAIN TO NEUTRALIZE THE IMPACTS THAT EMOTIONS MANIFEST IN THE BODY.

THE KOREN SPECIFIC TECHNIQUE, DEVELOPED BY DR. TEDD KOREN, ENABLES ONE TO DETERMINE WHERE ENERGY BLOCKAGES ARE OCCURRING IN THE BODY. ONE IS THEN ABLE TO ADJUST FACILITATE OPTIMAL EXPRESSION OF THE LIFE FORCE IN THE BODY.



DETOXIFICATION IS CRUCIAL TO BALANCING THE BODY. IF YOU POUR DIRT IN YOUR GAS TANK, THE CAR IS NOT GOING TO RUN WELL (IF AT ALL). HEAVY METAL, ENVIRONMENTAL TOXINS, AND CONGESTED ACUPUNCTURE MERIDIANS ALL NEED TO BE ADDRESSED. METHODS TO DETOX INCLUDE ION FOOT BATHS, NUTRITIONAL CLEANSSES, FAR-INFRARED SAUNAS, AND HOMEOPATHIC REMEDIES.

GOOD NUTRITION IS CRITICAL TO OPTIMIZING OUR HEALTH. VITAMIN SUPPLEMENTS ARE OFTEN NECESSARY BECAUSE EITHER OUR BODIES HAVE BEEN SO OUT OF BALANCE OR BECAUSE THE NUTRITIONAL DEMANDS PLACED ON OUR BODIES FROM ALL THE STRESSES CANNOT BE MET.

IT IS ESSENTIAL TO CONSUME ORGANIC FOOD AND SUPPLEMENTS. WHOLE FOOD CONCENTRATED SUPPLEMENTS WHICH HAVE A PRE-DIGESTED ENZYME DELIVERY SYSTEM ENSURE THAT YOUR BODY IS ABSORBING THE PROPER NUTRIENTS IT NEEDS.

THE FIRST STEP TO IMPLEMENTING THESE PRACTICES IS TO BECOME AWARE AND CONSCIOUS OF WHAT WE THINK, WHAT WE PUT INTO OUR BODIES, AND WHAT WE DO.

MAKING BETTER BAD CHOICES WILL EVENTUALLY LEAD TO A HEALTHIER LIFE THAT WILL BE EASIER TO MAINTAIN AS OPPOSED TO A LIFE OF DISEASE THAT IS PAINFUL AND TAKES MUCH EFFORT TO CHANGE.

THE CHOICE IS YOURS. DECIDE TO BE HEALTHIER. YOU CAN BECOME A BETTER VERSION OF YOURSELF. WHEN YOU CAN BE THE BEST THAT YOU CAN BE THEN YOU CAN ENJOY LIFE'S JOURNEY AND YOU CAN HELP OTHERS TO IMPROVE THE QUALITY OF THEIR LIVES.



WELCOME TO "RESTORING BODY BALANCE: YOUR GUIDE TO OPTIMAL HEALTH". THIS EBOOK IS DESIGNED TO PROVIDE YOU WITH ACTIONABLE TIPS AND STRATEGIES TO HELP YOU BRING YOUR BODY AND HEALTH BACK TO BALANCE.

RECLAIM YOUR HEALTH TODAY!

****READY TO TRANSFORM YOUR HEALTH AND RESTORE BALANCE TO YOUR LIFE?***
EMAIL ME TO SETUP A FREE 15 MINUTE CONSULTATION**

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