



Through these works, I aim to demystify the often confusing and misleading information about health and wellness. My inspiration comes from daily interactions with my patients who are desperate for clear, straightforward advice and effective solutions. I envision a world where everyone can become the CEO of their own health. My books are designed to be easy to understand and follow, ensuring that readers can lead happier and healthier lives. It was this vision that led to the creation of Livinty.Academy, a platform designed to further educate and empower individuals about holistic health practices. The Mindful Healing Series will continue to explore all aspects of healthy living, making holistic health accessible to all.

*Dr. Sabine Clarke*