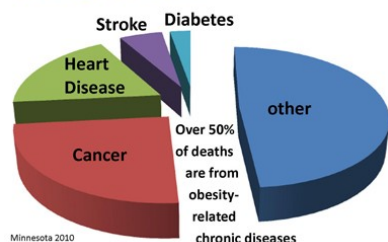


Health & Wellness

Addressing the needs of our bodies from a Functional Medicine approach. Understanding that our body works together as a whole unit, so when things go wrong, identifying the underlying cause to FIX the issue is key; and doing so from a WHOLE body perspective. Defining key components of WELLNESS for the long term and answering the question, "What are the best choices I can make for



Causes of Death



Prevention of Disease

A discussion of the importance of the choices we make every day today for our quality of life for our tomorrows. Understanding underlying causes of disease and what we can do every day to help prevent this disease from manifesting. An overview of nutrition, exercise, supplementation, drinking water.....and other key elements that support overall wellness. Understanding the importance of the gut-brain relationship will also be shared.

Natural Hormone Balance

Exploration of Hormone Imbalance Issues

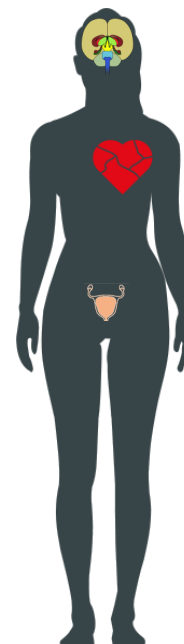
- ◆ what they are
- ◆ how they are caused
- ◆ standard of care vs alternative therapies

Tasks of Hormones

- ◆ sex hormones
- ◆ adrenal glands
- ◆ thyroid

Optimal Hormone Balance

- ◆ A Second Look at Pellets and Why We are Opposed to them
- ◆ Clearing up the misconceptions



YOU CAN DO THIS!

Taking Charge of Your Journey to Wellness

*What does it mean to Own Your Journey to wellness?
Do you have what it takes to feel better?*

Learning how to live our best lives naturally. Education, awareness and empowerment are critical to creating the necessary changes needed in today's society to make the best choices we can for our long term health.

Long term Health = Prevention of Disease = Wellness.