



### Candida Diet/Detox Support~

Any detox diet can be very challenging. If you are not in crisis it is hard to resist temptation and if you are in crisis some of the effects can trigger fear and anxiety. The purpose of this support session is to have someone to connect to in your time of fear and to be able to walk you through what you are experiencing. Also, having gone through it many times myself; I can offer tips and tricks to help you survive the detox!

### Health Crisis Support~

When you are in a health crisis you are likely facing difficult news, no news, or a feeling of lack of support. A health crisis session allows you the chance to talk about what you are going through and to receive support to aid you through this difficult time. It is challenging to face death and move beyond it...but it is possible!

### Healthy Cooking and Mindful Eating~

With my degree in culinary arts and a certification in Nutrition; I love to cook! Couple that with over 5 years experience cooking for candida and paleo as well as multiple food allergies - I have learned a thing or two! This is a fun session where I can teach you how to cook for yourself and your dietary restrictions, have fun and also be mindful while doing it!

### Integrated Health Resources~

I have an excellent team of Dr's and Integrative and Holistic Healers. I am happy to take time to discuss your needs and give referrals.

### Metaphysical Reasons for Illness~

When you are ill it is fascinating to begin to connect the dots between what is happening with you physically and what this really means in Esoteric terms. The inner work can help to reveal and heal the physical symptoms. This is through self-reflection and affirmations.

### Food Addiction and Co-Dependency~

This is a difficult topic that many of us suffer from. If you are experiencing difficulty in making changes in your diet it is likely the addiction to food or the feelings it gives you comes from deeply rooted beliefs. In this session we begin to work through this.