

My path to healing began 10 years ago when I started experiencing an array of unexplained symptoms which eventually led to a diagnosis of autoimmune disease. After seeing dozens of Western medicine practitioners who failed to help me, I then made it my mission to restore my health and well being on my own. And so began my deep dive into the power of holistic healing. The more I learned, the more I wanted to know. In search of truth, I researched a lot and experimented with a variety of modalities and with many different teachers until I found what resonated with me and worked for my mind, body and spirit.

If you've heard of it, I have probably studied it and/or tried it on myself.

- * Yoga, Meditation
- * Massage, Cranio Sacral Therapy
- * Reiki, Chakra Clearing
- * EFT—Emotional Freedom Technique(Tapping)
- * Acupuncture
- * Journaling, Affirmations
- * Nature Immersion
- * Exercise of all kinds
- * Essential oils, Aroma Touch Technique
- * Anti-Inflammatory Diet, Juice Cleanses, Intermittent Fasting
- * Therapeutic Crystals
- * Sound Healing therapy
- * Dance Therapy
- * Light Therapy

As a result, an anti-inflammatory diet combined with essential oils and energy work is what helped to heal my body of years of chronic illness. I literally witnessed my autoimmune conditions dissolve. My muscle and joint pain disappeared, skin issues cleared up, mood swings stabilized as my hormones became balanced, energy levels increased, digestive issues improved, immune system became stronger than it had been in years and on and on it goes. Not only did healing my body allow me to be physically and emotionally healthy again, but it literally transformed my life. This deep transformation gave me the clarity I needed to tap into my intuition and align me with my purpose. And so began my passion to help others that may be going through similar health challenges transform their own health and well being.

I believe our bodies are always communicating with us, telling us exactly what we need. We just need to listen to it. I would love to help you tune into what your body is trying to communicate with you. I truly believe the same health benefits are available to you by learning about and implementing these various modalities into your everyday life. Nothing is more satisfying than watching someone who has been suffering for weeks, months or even years transform into a vibrant, healthy and happy being in love with life!

If you have been struggling with health challenges that you cant seem to figure out and/or have tried countless remedies and none seem to work and you have the desire for better health, I would love to be that guide to get you there. I would love nothing more than to share tools with you to help boost your energy, reduce your stress and improve your health!