

# **HEALTH UNLOCKED**

**THE HOLISTIC MAP OF UNTOUCHED BASIC CONCEPTS  
TO HEALING YOUR BODY NATURALLY**

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# WE ARE GETTING STRAIGHT TO IT.

THESE ARE THE BASICS THAT I WISH I HAD AT THE BEGINNING OF MY HEALTH JOURNEY. WHAT NO DOCTOR, NO PRACTITIONER, NO PROTOCOL, OR WELLNESS TREND OR SOCIAL MEDIA POST FULLY OR EVER EXPLAINED TO ME.

IT TOOK ME 10+ YEARS OF BEING SICK, CHASING ANSWERS, RUNNING LAB WORK, RESEARCHING ENDLESSLY, AND COMPLETING ADVANCED TRAINING IN FUNCTIONAL NUTRITION AND MEDICINE TO PIECE THIS TOGETHER.

WHAT YOU'RE HOLDING IS THE CONDENSED VERSION – THE CONCEPTS THAT I BELIEVE ACTUALLY MATTER AND HAVE THE POWER TO MOVE THE NEEDLE.

IF YOU KNOW MY WORK, YOU KNOW THIS WON'T BE A LIST OF HACKS, TRENDS, OR QUICK FIXES. BECAUSE I DON'T DO SURFACE-LEVEL.

IT IS PERSPECTIVES THAT USUALLY LIVE IN SEPARATE CORNERS OF THE UNIVERSE + A HOLISTIC BLUEPRINT OF CONCEPTS FINALLY INTEGRATED ALL IN ONE PLACE: NATUROPATHY, FUNCTIONAL MEDICINE, ANCIENT CHINESE MEDICINE, MEDICAL ASTROLOGY, QUANTUM BIOLOGY, SUBCONSCIOUS PSYCHOLOGY, AND ENERGETICS.

SIMPLIFIED, SO YOU CAN FINALLY SEE HOW THE DOTS CONNECT.

THINK OF THIS AS THE FOUNDATION I WISH SOMEONE HAD HANDED ME ON DAY ONE. AND NOW, I GET TO HAND IT TO YOU.

**WHY THIS MATTERS FOR YOU:** BECAUSE I KNOW WHAT IT'S LIKE TO FEEL LOST, STUCK, AND DISMISSED – AND I DON'T WANT YOU WASTING YEARS LIKE I DID.

YOU DON'T NEED ANOTHER STACK OF SUPPLEMENTS OR A PROTOCOL, YOU NEED THE REAL INFORMATION AND TRUTH THAT EXPLAINS WHY YOUR BODY FEELS THE WAY IT DOES, SO YOU CAN START UNDERSTANDING YOUR HEALTH + FEELING YOUR BEST.

## **SUPPLEMENTS ≠ HEALING**

TAKING HANDFULS OF PILLS OR POWDERS CAN ACTUALLY OVERBURDEN YOUR LIVER + KIDNEYS, AND MOST OF THEM JUST END UP AS EXPENSIVE PEE. THEY CAN ALSO MUTE SYMPTOMS TEMPORARILY BUT USUALLY DON'T ADDRESS *WHY* THE BODY IS DEPLETED. IF THE BODY DOESN'T HAVE SOLID DIGESTION, DRAINAGE PATHWAYS, OR MITOCHONDRIA FUNCTION, SUPPLEMENTS ARE ESSENTIALLY LIKE REARRANGING THE LIVING ROOM FURNITURE WHILE THE HOUSE IS ON FIRE. SO WHILE SUPPLEMENTS CAN FILL GAPS, THEY DON'T REBUILD THE FOUNDATION THAT YOU NEED IN ORDER TO FUNCTION.

## **POSTURE + BIOMECHANICS**

THE WAY YOU STAND, SIT, AND MOVE CHANGES HOW YOUR ORGANS AND FASCIA FUNCTION. FOR EXAMPLE, A COLLAPSED RIBCAGE LEADS TO LESS OXYGEN IN THE BODY AND THE CELLS. CHRONIC PAIN AND FATIGUE OFTEN AREN'T JUST "STRESS" OR "NEUROPLASTIC PAIN" BUT THE BODY'S WAY OF COMPENSATING FOR POOR STRUCTURE. SKELETAL AND MUSCULAR DYSFUNCTION IS HIGHLY COMMON SO IF YOUR POSTURE IS OFF, YOUR ENERGY AND HOW THE BODY OPERATES WILL ESSENTIALLY BE OFF UNTIL YOU ADDRESS IT.

## **LYMPHATIC + DRAINAGE PATHWAYS**

YOUR LYMPH IS LIKE YOUR BODY'S SEWAGE SYSTEM. IF IT'S BACKED UP, TOXINS, HORMONES, AND WASTE JUST RECIRCULATE. THAT'S WHEN YOU FEEL PUFFY, HEAVY, OR SLUGGISH. NO AMOUNT OF "DETOX TEA" WORKS IF YOUR PATHWAYS TO ELIMINATE (SWEAT, BOWELS, BREATH + URINE) AREN'T OPEN. YOUR BRAIN EVEN HAS A MECHANISM TO WASH ITSELF AT NIGHT TO DRAINS THE WASTE INTO THE NECK. AND IF THE LYMPH ISN'T MOVING, THE WASTE REMAINS STUCK. DRAINAGE HAS TO COME BEFORE DETOX OR NOTHING CAN ACTUALLY BE "DETOXED".

## **BOUNDARIES + ENERGETIC HYGIENE**

BEING ABLE TO DISCERN BETWEEN YOUR OWN ENERGY + EXHAUSTION AND OTHERS IS SO IMPORTANT, ESPECIALLY DEPENDING ON YOUR ASTROLOGY. IF YOU'RE ALWAYS ABSORBING OTHER PEOPLE'S EMOTIONS, STRESS, OR EVEN THEIR CHAOS, YOUR ENERGETIC FIELD AND PHYSICAL BODY END UP EXHAUSTED. JUST LIKE YOU WASH YOUR BODY, YOU NEED TO CLEAR YOUR ENERGETIC FIELD AND KNOW HOW AND WHEN TO MAINTAIN ENERGETIC BOUNDARIES. OTHERWISE YOU ARE HOLDING STUFF THAT ISN'T EVEN YOURS.

## **MITOCHONDRIAL FUNCTION**

YOUR MITOCHONDRIA ARE THE BATTERIES INSIDE EVERY CELL – THE POWERHOUSE OF THE CELL, REMEMBER? WHEN THEY'RE WEAK, YOU CAN SLEEP 10 HOURS AND STILL WAKE UP EXHAUSTED. DAMAGED MITOCHONDRIA MEAN NO SPARK TO RUN YOUR BRAIN, HORMONES, OR DETOX PATHWAYS. AND THE NEXT CUP OF COFFEE FOR SOME "ENERGY" IS BURNING OUT THE MITOCHONDRIA EVEN FURTHER. THE MOST IMPORTANT THING IS TO REPAIR AND TAKE CARE OF THE POWER HOUSE INSIDE YOUR CELLS. AND THEN YOU WON'T EVEN NEED THE COFFEE, AND YOUR SLEEP WILL BE QUALITY > QUANTITY.

## **CONVENTIONAL LABS VS FUNCTIONAL LABS**

CONVENTIONAL LABS ARE BASED ON A BELL CURVE THAT INCLUDES VERY SICK PEOPLE, SO “NORMAL” OFTEN JUST MEANS YOU’RE NOT SICK ENOUGH TO STAND OUT. FUNCTIONAL RANGES LOOK AT WHAT’S OPTIMAL LEVELS WHERE YOUR BODY ACTUALLY FEELS INCREDIBLE, NOT IN SURVIVAL MODE. THAT’S WHY YOU CAN BE TOLD “EVERYTHING LOOKS NORMAL” WHILE STILL EXHAUSTED, INFLAMED, OR SYMPTOMATIC. LAB DATA IS VALUABLE, BUT ONLY IF YOU READ IT THROUGH THE LENS OF FUNCTION, NOT JUST DIS-EASE.

## **TCM BODY CLOCK**

ANCIENT TRADITIONAL CHINESE MEDICINE TEACHES THAT EVERY ORGAN SYSTEM HAS ITS OWN TIME OF DAY WHEN IT DETOXES, RESTORES, AND EXPRESSES ANY IMBALANCES. THIS CAN BE HELPFUL WITH PATTERN RECOGNITION AND UNDERSTANDING WHICH ORGANS MAY BE NEEDING ATTENTION. FOR EXAMPLE, IF YOU WAKE AT 3AM DURING THE NIGHT, THAT CAN BE A SIGNAL FROM THE LIVER.

## **FASCIA**

FASCIA IS THE LIQUID-CRYSTAL COMMUNICATION SYSTEM + CONNECTIVE TISSUE THAT WRAPS AROUND MUSCLE, BONE, AND ORGAN – YOUR BODY’S HIDDEN WEB THAT CONDUCTS ELECTRICITY THROUGH THE BODY. WHEN IT’S SUPPLE AND HYDRATED, BLOOD, LYMPH + SIGNALS MOVE FREELY. WHEN IT STIFFENS, EVERYTHING SLOWS DOWN: PAIN, FATIGUE, STIFFNESS, EVEN BRAIN FOG CAN TRACE BACK TO RESTRICTED FASCIA. IT HAS 10X MORE SENSORY NERVE ENDINGS THAN MUSCLES AND WHEN ITS DEHYDRATED, IT BLOCKS SIGNALS BETWEEN THE BRAIN + THE BODY.

## **SOUL PURPOSE MISALIGNMENT**

WHEN YOU LIVE OUT OF ALIGNMENT WITH WHAT YOUR SOUL CAME HERE TO DO, THE BODY OFTEN (HIGHLY) PROTESTS. SOMETIMES FATIGUE, PAIN, ANXIETY ARE WAYS THE BODY TRIES TO FORCE YOU TO STOP AND COURSE CORRECT. ILLNESS BECOMES THE DARK NIGHT OF THE SOUL TO REAWAKEN WHAT YOUR PURPOSE AND MISSION IS. THE FURTHER FROM YOUR PURPOSE YOU DRIFT, THE LOUDER THE BODY WILL SPEAK TO YOU.

## **TERRAIN VS. GERM THEORY**

THE GOAL SHOULD NOT BE TO KILL OR FIGHT THE GERMS. WE NEED TO REBUILD AND FOCUS ON THE TERRAIN. THIS CONCEPT EXPLAINS HOW TWO PEOPLE CAN BE EXPOSED TO THE SAME VIRUS OR BACTERIA – ONE IS TOTALLY FINE, AND ONE GETS SICK. THE DIFFERENCE ISN’T THE BUG OR THE GERM, IT’S THE ENVIRONMENT INSIDE THE BODY. YOUR ENTIRE TERRAIN DECIDES WHETHER INVADERS STAY OR GO. THIS IS WHY IT’S SO IMPORTANT TO REBUILD FROM THE INSIDE OUT OR ELSE YOU’LL BE IN AN ENDLESS “GERM” BATTLE.

## **ANCESTRAL IMPRINTS**

TRAUMA, GRIEF + SURVIVAL PATTERNS CAN PASS THROUGH GENERATIONS AND NERVOUS SYSTEMS IN THE MATRIARCHAL LINE. YOU MAY FEEL FEAR OR HEAVINESS THAT STARTED WITH YOUR GRANDMOTHER OR EVEN BEFORE HER. UNTIL SOMEONE RESOLVES IT, THE IMPRINT LINGERS IN THE BODY THROUGH THE GENERATIONS. BUT IF YOU HONOR AND RELEASE THE FEELINGS, HEALING CAN RIPPLE BACKWARD THROUGH THE FAMILY LINE, NOT JUST FORWARD.

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## **EMOTION-ORGAN MAPPING**

YOUR ORGANS ARE TISSUES IN THE BODY, MEMORY KEEPERS, ENERGETIC CENTERS, AND BIOCHEMICAL FILTERS. WHEN EMOTIONS ARISE, THE BODY FLOODS WITH HORMONES AND NEUROTRANSMITTERS. IF THE WAVE OF EMOTION ISN'T FULLY EXPRESSED, THE CHEMICALS DON'T FULLY CLEAR AND THEY LEAVE IMPRINTS ON THE TISSUES THAT PROCESSED THEM. THEN THE BODY EXPRESSES THEM FOR YOU, THROUGH PAIN, TENSION, OR PHYSICAL SYMPTOMS.

## **EPIGENETICS**

GENES ARE NOT DESTINY OR A LIFE OR DEATH SENTENCE. GENES ARE SWITCHES THAT AWAIT FOR SIGNALS FROM ENVIRONMENT, FOOD, LIGHT, EMOTIONS, AND THOUGHTS. TRAUMA, TOXINS, AND CHRONIC STRESS CAN FLIP GENES TOWARD DIS-EASE EXPRESSION. SAFETY, NOURISHMENT, AND BEING IN ALIGNMENT FLIP THEM TOWARD THE STATE OF REPAIR. EPIGENETICS PROVES THAT THE ANCIENT HEALERS TEACHINGS OF YOUR BODY REWRITING IT'S OWN FUTURE IS IN RESPONSE TO THE CHOICES YOU MAKE ON A DAY-TO-DAY BASIS.

## **SUBCONSCIOUS PROGRAMMING**

YOUR SUBCONSCIOUS CREATES YOUR REALITY – AND IS RESPONSIBLE FOR 95% OF IT. THAT MEANS ONLY 5% IS FROM CONSCIOUS THOUGHTS. SO IF YOUR SUBCONSCIOUS IS PROGRAMMED WITH BELIEFS OF UNWORTHINESS, NOT BEING GOOD ENOUGH, ALWAYS NEEDING TO PERFORM, PERFECTIONISM, AND SO FORTH, YOUR BIOLOGY FOLLOWS THOSE BELIEFS. NO MATTER HOW MUCH YOU CONSCIOUSLY WANT OTHERWISE. UNTIL THE BELIEFS ARE REWRITTEN, YOU'LL STAY TRAPPED IN THE SAME CIRCULAR REFERENCES.

## **ORAL HEALTH**

YOUR MOUTH IS DIRECTLY TIED TO YOUR ENTIRE BODY. EVERY TOOTH CONNECTS THROUGH MERIDIANS TO SPECIFIC ORGANS + SYSTEMS. MERCURY FILLINGS AND METAL DENTAL WORK RELEASE PARTICLES THAT CAN DISRUPT THE NERVOUS SYSTEM AND BURDEN DETOX PATHWAYS. ROOT CANALS OFTEN LEAVE HIDDEN INFECTIONS THAT STRESS THE BODY SYSTEM FOR YEARS. EVEN WISDOM TEETH, OFTEN REMOVED AS A “PREVENTIVE” MEASURE, ARE LINKED TO THE HEART AND SMALL INTESTINE – PULLING THEM CAN SEVER THOSE CONNECTIONS AND CREATE LASTING ENERGETIC + STRUCTURAL IMBALANCES. ORAL HEALTH IS NOT SEPARATE FROM WHOLE-BODY HEALTH.

## **FIELD COHERENCE (HEART + BRAIN)**

YOUR HEART + BRAIN CREATE ELECTROMAGNETIC FIELDS THAT SHOULD SYNC. WHEN THEY ARE COHERENT, YOU FEEL CALM, FOCUSED + RESILIENT. WHEN THEY'RE SCRAMBLED, YOU FEEL ANXIOUS, FOGGY, OR REACTIVE. ANCIENT CULTURES CALLED IT PRESENCE. SCIENCE NOW ACTUALLY MEASURES THIS. COHERENCE IS A SIGNAL OF SAFETY AND SAFETY IS THE WAY TO HEALING.

## **THE BODY IS A MESSENGER**

SYMPTOMS AREN'T BETRAYAL, THEY'RE COMMUNICATION. ACNE, HEADACHES, BLOATING, FATIGUE AND SO MUCH MORE – ALL MESSAGES THAT SOMETHING DEEPER NEEDS ATTENTION. TO SILENCE THEM WITHOUT LISTENING IS LIKE MUTING AN ALARM WITHOUT PUTTING OUT THE FIRE. YOUR BODY NEVER WORKS AGAINST YOU; IT'S TRYING TO TALK TO YOU.

## **CIRCADIAN RHYTHM + LIGHT**

BECAUSE YOUR BODY IS ELECTRIC, THE SUN AS LIGHT IS LIKE THE SWITCHBOARD FOR IT. ALL OF YOUR CELLS HAVE THEIR OWN CLOCK AND THE CLOCK RESETS DAILY BASED ON LIGHT AND DARK SIGNALS. MORNING LIGHT RESETS YOUR HORMONES, METABOLISM + ENERGY. ARTIFICIAL LIGHT AT NIGHT CONFUSES THAT CLOCK, LEADING TO FUNCTIONS MISFIRING AND POOR SLEEP TO SAY THE LEAST. LIGHT IS THE OLDEST, SIMPLEST MEDICINE THERE IS.

## **MOLD + MYCOTOXINS**

MOLD EXPOSURE IS REAL, AND IT'S NOT A ROOT CAUSE. IT IS MORE THAN A SMELL IN YOUR HOUSE OR A PESKY THING TO BLEACH OFF THE WALL. THE TOXINS MOLD RELEASES CAN BE CARCINOGENIC AND WREAK HAVOC ON THE BODY. MYCOTOXINS CLOG DETOX PATHWAYS, MIMIC OTHER ILLNESSES, SEVERELY AFFECT THE BRAIN, AND FOR MANY, MOLD CAN EXPLAINS YEARS OF "MYSTERY" SYMPTOMS.

## **EMOTIONAL RELEASE**

EMOTIONS THAT DON'T GET RELEASED EMBED INTO THE BODY, FASCIA + ORGANS AS YOU'VE ALREADY LEARNED. THE BODY WILL HOLD ONTO THESE EMOTIONS IN THE DIFFERENT AREAS OF THE BODY UNTIL THEY ARE EXPRESSED. CRYING, SOMATIC MOVEMENT, SHAKING, EVEN DEEP SIGHS CAN BE WAYS THE BODY COMPLETES THE CYCLES SO IT CAN FEEL SAFE + FUNCTION OPTIMALLY AGAIN.

## **MINERAL BALANCE**

MINERALS ARE LIKE THE SPARK PLUGS OF THE BODY. SODIUM, MAGNESIUM, POTASSIUM CREATE THE CURRENTS THAT FIRE NERVES, CONTRACT MUSCLES, AND FUEL MITOCHONDRIA. WITHOUT MINERALS, THE CIRCUIT SHORTS. YOU CAN EAT THE CLEANEST DIET IN THE WORLD, BUT IF YOUR MINERALS ARE DEPLETED, THE BODY WILL NOT BE ABLE TO FUNCTION THE WAY IT'S MEANT TO. AND NO THIS ISN'T YOUR SIGN TO GO DOWN MORE OF THE ELECTROLYTE POWDER THAT HAS ARTIFICIAL SWEETENERS, DYES + OTHER HARMFUL INGREDIENTS.

## **DETOX ≠ SUPPLEMENTS**

DETOX IS NOT IN A BOTTLE AND IT'S NOT SOMETHING YOU BUY. DETOX IS YOUR BOWELS MOVING, YOUR SWEAT RELEASING FREELY, YOUR LUNGS EXHALING, YOUR URINE CARRYING WASTE OUT. IF THESE EXIT PATHWAYS AREN'T OPEN, TOXINS JUST KEEP RECYCLING IN THE BODY. FORCING DETOX WITH POWDERS AND PILLS USUALLY JUST MAKES THINGS WORSE, BUT ALSO DOESN'T SOLVE THE ROOT OF THE ISSUE.

## **SUBCONSCIOUS + EMOTIONS**

THE SUBCONSCIOUS IS WIRED FOR CLOSURE. EVERY EMOTION IS DESIGNED TO MOVE LIKE A WAVE. WHEN THAT WAVE GETS CUT OFF (YOU SWALLOW GRIEF, SILENCE ANGER, FREEZE IN FEAR), THE SUBCONSCIOUS DOESN'T FORGET. IT RECREATES PATTERNS AND SITUATIONS AGAIN AND AGAIN TO GIVE YOU ANOTHER CHANCE TO FEEL THE EMOTION FULLY AND FINALLY COMPLETE THE CYCLE. UNTIL THE BODY DISCHARGES WHAT WAS SUPPRESSED, THE LOOP CONTINUES. SO IN ORDER TO HEAL WE NEED TO LET THE EMOTIONS MOVE.

## **FREQUENCY MEDICINE**

EVERY PART OF YOUR BODY CARRIES A FREQUENCY – CELLS, TISSUES, EVEN EMOTIONS. WHEN STRESS, TRAUMA, OR TOXINS DISTORT THOSE FREQUENCIES, THE BODY FALLS OUT OF TUNE. CRYSTAL BOWLS AND SOUND HEALING WORK BECAUSE VIBRATION SPEAKS DIRECTLY TO THE BODY, BYPASSING THE MIND. ONE TONE CAN SOFTEN YOUR CHEST, BRING TEARS FORWARD, OR UNLOCK AN EMOTIONAL RELEASE SIMPLY FROM THE RIGHT FREQUENCY.

## **INNER CHILD + SHADOW WORK**

ALL ROADS LEAD BACK TO CHILDHOOD. THE BODY REMEMBERS THE MOMENTS YOU FELT UNSAFE, UNSEEN, OR NOT ENOUGH – EVEN IF YOU BURIED THEM IN YOUR MIND. THOSE UNPROCESSED EXPERIENCES BECOME THE “SHADOW” THAT SHAPES YOUR BELIEFS AND BEHAVIORS, LIKE PUSHING YOURSELF PAST EXHAUSTION JUST TO FEEL WORTHY. UNTIL THOSE HIDDEN PARTS ARE ACKNOWLEDGED AND INTEGRATED, THE BODY WILL KEEP REPEATING THE SAME CYCLES THROUGH TRIGGERS, PATTERNS + SYMPTOMS.

## **ASTROLOGY + THE BODY**

ASTROLOGY + THE ZODIAC SIGNS MAP DIRECTLY TO THE BODY. EVERY SIGN HAS ITS SYSTEM(S) – FOR EXAMPLE, ARIES RULES THE HEAD, VIRGO THE GUT, LIBRA THE KIDNEYS, LEO THE HEART. SYMPTOMS OFTEN FLARE IN SYNC WITH TRANSITS OR LUNAR CYCLES, SHOWING UP IN AREAS LINKED TO THE SIGNS. YOUR BIRTH CHART SHOWS WHERE YOUR BODY IS MORE SENSITIVE, AND THE SKY REVEALS WHEN THOSE PLACES MAY BE TRIGGERED.

## **THE MYTH OF “ROOT CAUSE” PROTOCOLS**

THE PHRASE “ROOT CAUSE” GETS THROWN AROUND A LOT IN THE WELLNESS SPACE NOW. BUT MOST OF THE TIME, WHAT’S BEING CALLED A ROOT CAUSE IS REALLY JUST A SYMPTOM IN DISGUISE. A PRACTITIONER FINDS MOLD, OR PARASITES, MINERAL IMBALANCES, OR LOW PROGESTERONE, AND CALLS THEM THE ANSWER. THEN YOU GET A WORKOUT ROUTINE, DIET PLAN, AND SUPPLEMENT PROTOCOL, AND THE CYCLE STARTS ALL OVER AGAIN.

TRUE ROOT CAUSES RARELY LIVE IN A LAB TEST RESULT (MAYBE WITH GENETIC TESTING IN SOME CASES THEY DO). THEY ARE IN THE CONNECTIONS AND PATTERNS OF WHAT THE LAB WORK SHOWS AND THE SYMPTOMS THAT SHOW UP. HOW TRAUMA IMPRINTED INTO THE FASCIA, HOW CHRONIC STRESS BURNT OUT YOUR MITOCHONDRIA, HOW UNRESOLVED GREIF WEIGHED ON YOUR LUNGS, HOW YOUR CIRCADIAN RHYTHM STOPPED SYNCING YOUR HORMONES. THAT WEB IS WHAT I DECODE WITH CLIENTS

I DON’T STOP AT THE FIRST LAB TEST OR A DIAGNOSIS. I LOOK AT THE TERRAIN: YOUR PHYSICAL MARKERS, SUBCONSCIOUS PATTERNS, EMOTIONAL IMPRINTS, ENERGETIC FIELD – AND HOW THEY ALL LAYER TOGETHER. THAT’S THE DIFFERENCE. HEALING IS NOT FOUND IN CHASING DOWN ONE SPECIFIC THING. BECAUSE IT IS NEVER JUST ONE THING. THE BODY IS A WHOLE SYSTEM, AND TO SPLIT IT INTO PARTS, IN ANY CAPACITY, DOES NOT CREATE THE SPACE FOR TRUE HEALING. WE NEED TO REBUILD THE ENTIRE ECOSYSTEM, ON ALL LEVELS, SO YOUR BODY NO LONGER NEEDS TO SHOUT AT YOU THROUGH SYMPTOMS.

## WHEN YOU'RE READY FOR MORE, I'M HERE.

→ 1:1 PRIVATE MENTORSHIP TO GO DEEPER INTO ALL THESE TOPICS AND TRANSFORM YOUR HEALTH + LIFE FROM THE INSIDE OUT

→ INTENSIVE SESSIONS – 60-MIN 1:1 GUIDANCE TO SLINGSHOT YOU TO THE NEXT LEVEL OF YOUR JOURNEY, NO MATTER WHAT YOU ARE NAVIGATING.

→ A FULL BIRTH CHART READING TO BRING YOU DEEPER SELF-TRUST, AWARENESS, FREEDOM, AND SAFETY TO BE YOUR AUTHENTIC SELF

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WITH MAGICK,  
JAMIE ♥

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