

# Coaching Stories: Addie

*by Addie Naquin*

I was initially interested in coaching to help my 1-year-old daughter with her eczema and food allergies. I quickly realized my own health struggles with severe abdominal pain and “ulcers” needed to be addressed, as well as my 4-month-old son’s reflux and constipation. I was hoping to gain true healing for my daughter, and I felt deep within that a 1-year-old did not need to be on Zyrtec or any other daily medications.

Gemmotherapy has been an eye-opening experience for me. It has provided me with an understanding that the body has its own natural ability to heal itself. I’ve now realized that suppressing our immune systems with medications (which only treat symptoms) sets our health on a path to deterioration. The joy I feel cannot be measured. It comes from being able to take charge of my family’s health and having the confidence to do so.

First and foremost, I learned that physical health is greatly tied to emotional, mental and spiritual health. There cannot be true healing in one area without addressing the others. I now have opportunities to provide myself and my family members with true, natural healing! I don’t have to worry over every fever, virus and allergy. I know I will be able to provide our bodies with support to do what they were made to do.

This experience was everything to me. Lauren has a special gift, and it has changed me for the better forever. She aided me in the healing process of a deep, embedded grief that came from losing my firstborn baby boy – a grief I truly thought I had worked through... I was wrong but I couldn’t see it. My physical ailments only became more agitated by grief, fear and anxiety. Lauren equipped me with a new mindset on how I

perceive my emotional health, as well as my physical health, and I am forever grateful.

I believe there is always room for improvement when working on one's own health and happiness. For me that will come from joining Lauren's beginner Gemmotherapy course. I want to gain more knowledge in using Gemmos on my own for my entire future. If you are considering coaching too, know that there is a reason. And whatever that situation may be, it will benefit from a coaching commitment with Lauren.