Start Living Well

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Read about the Stages of Healing to Start Living Well

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My trainings and practice have informed the protocols I use today to help individuals Live Well. The fundamental belief behind my work is that we are gifted with a body designed to heal itself, but it must be clean to do so. The protocols of gemmotherapy and homeopathy that I suggest and the plant based alkalizing diet I promote, all work together to clean your body so that your symptoms can heal and you can, in fact, Live Well.

I have seen these four critical steps emerge on the path to Living Well with the use of gemmotherapy, homeopathy and dietary changes:

- 1. Elimination is optimized.
- 2. Organs are cleaned and fortified on a cellular level.
- 3. Normal organ functions are restored.
- 4. The body functions in harmony.

These are the steps I take my clients through using individualized protocols and these are the steps I teach to health practitioners in my Living Well training programs.