



Between the endless to-do lists, chauffeuring your kids to and from activities and dealing with the overwhelming and crazy social news feed every freaking day...

It's no wonder we are all **STRESSED**.

But what if I told you that not only do we bring on our own stress at times, but we can get back in the driver's seat and control how it affects us?

Pause...blink a few times and read that again.

We can take the wheel and control how stress affects us.

What if I told you that you can achieve that breakthrough you've been dreaming for so long...in as little as 6 weeks?

Who Am I Anyways?

Years ago, I was suffering from Adrenal Fatigue, was pre-diabetic, had hormonal acne and was feeling overwhelmed with motherhood and life in general. (Enter the glass of red wine here)



I was addicted to all the things that I now encourage others to eliminate from their diet—sugar, gluten, caffeine and alcohol. I worked full-time, I denied sleep, wholesome and healthy food, going to the bathroom and exercise. I helped hundreds of families in need, implemented educational and community programs, took care of my family, knowing I still had not physically, mentally and emotionally gotten over my 1st pregnancy.

Shortly after my pretty picture of overload, I took a long leave of absence from the working force to pursue a new way of living life. I was introduced to energy healing, attended many workshops, then became certified Naturopathic Herbalist and Intuitive Numerologist and I haven't looked back since. I had slowly but surely, dug myself out of the hole I had dug for myself. Woohoo!

Don't get me wrong, I still slip at times, but I've learned to intervene way before the crash. And since I transformed my life, I've decided to teach other women on how to start their own journey to health and happiness minus all the speed-bumps and detours.

So what's the next step?

Here are 2 ways we can work together

One-on-one consultations: We go at your own pace and meet every other week as long as you feel it is necessary.

or

My 6 weeks **Stressed to Centered** program which will teach you:

- ✓ How you got there in the first place (so you never go there again!)
- ✓ How to **reduce your stress levels**
- ✓ **Comprehensive dietary guidelines** to restore adrenal health
- ✓ Lists of foods to eat and avoid
- ✓ **Medicinal herbs** which will nourish and support your adrenals
- ✓ **Ancient healing techniques** that will help balance your system and **restore your vitality**

Believe me when I say this...

You are able to have that kind of balance and freedom when you're living with intention, awareness and purpose, creating your own awesome reality.

Yes, really.

My purpose is helping you release all that is no longer serving you so that you can create that inner balance and true freedom

I'm here to keep it down-to-earth & simple for you.

Freedom starts here.

**CLICK HERE
for FREEDOM**

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