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Native Natural Wellness Application

My practice is designed for individuals who are ready to take an active role in their healing journey. I provide education, guidance, testing, and natural solutions, but true healing requires participation, accountability, consistency, and willingness. Because I value the integrity of this work and the well-being of my clients, all prospective clients complete an application process to ensure we are the right fit for one another.

A Note About Natural & Holistic Healing

Before we begin working together, I like to provide every client with a clear understanding of the philosophy, process, realities, and personal responsibilities involved in natural healing. This approach often differs markedly from what many people have experienced in the conventional medical model, and establishing shared expectations helps lay a strong foundation for success.

The Process

Natural medicine is rooted in the belief that the body possesses an innate ability and intelligence to heal. Symptoms are not viewed as the enemy, but rather as meaningful communication from the body—signals that something is out of balance and asking for attention.

The goal of natural healing is to identify and address the underlying causes of dysfunction while providing the body, mind, and spirit with the support they need to restore balance and function optimally.

Rather than viewing the body as a collection of separate systems, I assess the whole person. This includes your internal terrain and physical health, emotional well-being, mental state, lifestyle habits, personal health history, current foundational health status, and toxic burden.

Once these pieces are evaluated, I help you understand what your body may be communicating and guide you toward supporting your healing process through natural means. Together, we create an individualized plan of action designed to strengthen your foundation and support your body's natural healing abilities.

Some of the modalities and principles I may utilize include:

- Nervous system regulation and mindset practices
- Whole-food nutrition and lifestyle modifications
- Proper hydration
- Restorative sleep



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- Stress reduction and emotional balancing
- Movement and exercise
- Detoxification and elimination support
- Reducing overall toxic burden
- Nutritional supplementation
- Herbal medicine
- Bach Flower Remedies
- Homeopathy
- Rife Frequency Therapy
- Other natural healing modalities as appropriate

My practice focuses on natural and holistic approaches and does not incorporate pharmaceutical or synthetic interventions.

The Realities

Natural healing is rarely a quick fix. There is no magic pill, shortcut, or overnight solution to restoring health at the root level. Healing often requires meaningful changes in habits, behaviors, perspectives, and lifestyle choices.

At times, you may be encouraged to move beyond familiar patterns and comforts in order to create an environment where healing can occur. While these changes can be challenging, they often become some of the most transformative aspects of the journey.

Particularly for those recovering from chronic illness, it is not uncommon to experience periods where symptoms temporarily intensify or fluctuate as the body begins to rebalance and eliminate accumulated burdens. This can feel discouraging, but it does not necessarily mean something is wrong.

Many holistic healing traditions reference Hering's Law of Cure, which suggests that healing may occur from the inside out, from more vital organs to less vital organs, and sometimes in the reverse order in which symptoms originally appeared. While every individual's experience is unique, healing often unfolds in layers rather than all at once.

Healing is not linear. It is cyclical, dynamic, and deeply personal. You may revisit familiar symptoms, emotions, feeling worse before you feel better, or other challenges along the way—not because you are moving backward, but because you are meeting those experiences from a new level of awareness and healing.

Your Personal Responsibility



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My role is to provide knowledge, education, guidance, support, and an individualized plan of action.

Your role is to apply it.

Natural healing requires participation. It asks for accountability, consistency, patience, self-awareness, effort, and a willingness to make meaningful changes over time.

No practitioner, remedy, supplement, or protocol can heal for you. Healing is a partnership.

If you are willing to commit to the process, remain open to learning, and consistently support your body with what it needs, you create the greatest opportunity for meaningful and lasting transformation.

My commitment is to walk beside you, provide guidance, and help illuminate the path. The healing journey is one that I am honored to support and guide, while recognizing that true healing ultimately comes from within you.

My goal is not to create dependence on me, but rather to educate and empower you to understand your body, make informed decisions, and become an active participant in your own healing.



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Who I Work Best With

Native Natural Wellness is best suited for individuals who:

- ✓ Are open to natural and holistic approaches
- ✓ Understand healing takes time
- ✓ Are willing to take personal responsibility
- ✓ Are open to lifestyle, nutritional, and behavioral changes
- ✓ Value education and collaboration
- ✓ Are seeking root-cause solutions rather than symptom suppression
- ✓ Desire to become empowered participants in their own healing

This Practice May Not Be The Best Fit If:

- X You are looking for a quick fix
- X You want someone to heal you for you
- X You are unwilling to make changes
- X You are seeking guarantees
- X You prefer a passive role in your healing
- X You are unwilling to engage respectfully in a collaborative relationship

***If this aligns with the type of healing support you're seeking –
please proceed to the following questions and forms ...***



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Questions:

1. Why now?

2. What role do you believe you play in your healing?

3. What are you willing to change?

4. What are you hoping I will help you with that you have not found elsewhere?

5. What have you tried previously to address your health concerns?

6. What challenges do you foresee in implementing recommendations?

7. What does success look like to you?

8. On a scale of 1-10, how ready are you to actively participate in your healing journey?

1 2 3 4 5 6 7 8 9 10

9. What are your expectations of me as your practitioner?



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The Native Natural Wellness Client Agreement

This is not a legal agreement, but an energetic agreement dependent upon you understanding of:

Client Responsibility & Expectations

- Natural healing is not passive; it requires active participation.
- There are no guarantees or quick fixes.
- Recommendations are suggestions, not mandates.
- Healing often happens in layers and spirals.
- You are responsible for implementing recommendations.
- My role is that of a facilitator, educator, and guide - I provide you with the education, guidance, support, and perspective.
- I do not heal you; your body heals itself.
- Progress requires time, effort, consistency, accountability, action, and willingness.
- Mutual respect and healthy communication are required.
- This is a collaborative relationship.
- I reserve the right to decline working together if I feel the fit is not aligned.

Please check the box if:

I have read and understand the philosophy and expectations of Native Natural Wellness

Print Name: _____

Signature: _____

Date: _____

Completion of this application does not guarantee acceptance as a client. Applications are reviewed to determine whether Native Natural Wellness is the appropriate fit for your needs and whether the practitioner-client relationship appears aligned.



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