

BEST DAY EVER CONSULT

IF YOU'RE NOT EATING RIGHT, YOU'RE NOT THINKING RIGHT

You must respect, honor, protect, and love yourself unconditionally if you want to make change.

And to make change you have to take massive personal action.

A BEST DAY EVER consultation will surpass your expectations on all levels of health and wellness. This is why I provide unlimited support because your success is my success, as you grow, I will continually grow your program for you. A healthy relationship with me as your trainer and yourself is the key ingredient to reclaiming and maintaining the life you deserve. All your questions matter because you matter, welcome aboard.

- *Vibrant pain-free health
- *Design a lifestyle to avoid disease
- *Relieve aching joints
- *Glowing skin
- *Maintain a healthy weight
- *Better mental health, clarity, and focus
- *Balanced hormones
- *More energy
- *Create life-changing goals
- *Go over your health history & daily routine
- *Teach you how to make the best nutritional choices for your body
- *Create a plan of action to achieve extraordinary results
- *Give you simple daily detox protocols to fit your lifestyle
- *Give you recipe suggestions & access to informative booklets, audios & videos

To schedule:

call or text Kimberly 248-931-3077

or email HealBraveHeart@gmail.com

DISCLAIMER My posts & suggestions are to educate. I do not cure, diagnose, treat, or heal. I leave that up to you, your body, and God. Always consult your physician before adding anything new to your medications or supplement routine. I also recommend doing your own research to make sure certain herbs and essential oils are right for you. We have the right to choose for ourselves what we put in or on our bodies.