**Cornerstone to Healing: Your Personalized Holistic Wellness Journey**

**Transform Your Health Naturally with Our Proven Wellness Program**

Let me be clear, this is not just another program full of fluff and empty promises. Our holistic wellness methods are designed to empower you, guiding you every step of the way to achieve unparalleled success toward your own health goals.

Imagine the excitement of knowing we are as committed to your success as you are! You will be amazed at how simple and natural it is to be healthy again.

**No matter where you are in your health journey, our personalized wellness programs are tailored specifically to you.**

**Health Transformation Programs We Offer**

**Weight Management Solutions**

* **Weight Loss** - Whether it's losing that annoying 10-15 stubborn pounds or needing to lose 30-100 pounds or more this will set you up for that success!
* **Long-term Maintenance** - Learn lifestyle habits that keep the weight off permanently and then when your program is over, join the VIP Membership Program to maintain your momentum with continued support.

**Chronic Disease Management**

* **Diabetes Control** - Help for pre-diabetic/diabetic patients targeting an A1c of 6.0 or below, prevention will keep your condition from progressing and can even reverse it
* **Cardiac Disease Recovery** - Regain your strength and stamina through our tried and true natural methods, lifestyle tweaks, tips and best of all our new app is like having me in your pocket to ask questions of 24/7
* **COPD/Asthma Relief** - Breathe easier and rebuild your respiratory health again, we know the level of anxiety you feel when an attack exacerbates. We’ll help cover that too.

**Pain & Mobility Improvement**

* **Neuropathy & Restless Leg** - Natural solutions to improve or resolve these conditions will get you up and on your feet again, getting the rest you need at night to refresh your mind and body
* **Arthritis & Joint Stiffness** - Regain your mobility and freedom through holistic approaches, some supplementation and referrals to Virtual Mechanical PT if needed are included in your program
* **Chronic Fatigue/Fibromyalgia** - Feel free of pain and truly rested and energetic again

**Mental & Emotional Wellness**

* **Anxiety & Depression** - Revive the joy in life without stress through natural interventions, talk therapy, healing heart therapy, spiritual awareness, meditation/prayer
* **Addictive Habits** - Reduce, replace, and recover naturally from dependencies that you thought you could never be free of. Referral to Psychologist/Coach as part of your program if beneficial
* **Memory & Cognitive Function** - Clear the toxins and balance hormones to improve symptoms with some help from long-term nutritional support and scheduled detox sessions

**Specialized Healing Programs**

* **Autoimmune Disease Improvement** - Function like you used to with our targeted protocols for your individual condition and symptoms
* **Hormonal Imbalance/Thyroid Support** - Repair imbalances naturally and get your life back on track
* **Cancer Support** – Alternative & Supportive treatment guidance when you need it most
* **Long Covid Recovery** - Reduce symptoms and repair affected body systems to regain your normal lifestyle, emotional support referrals if required are part of your program
* **Lyme Disease Support** – Focus on symptoms so you can live again and rebuild the immune system to maintain endurance
* **General Fatigue & "Just Feel Like Crap"** - We'll help you get out of the weeds! It’s usually several things gone wrong (the domino effect) so we will get to the root of it.
* **Something not listed?** - Let's tackle it together with a customized approach

**Why Choose Our Holistic Wellness Program?**

Our natural healing methods have helped thousands of people transform their health over the last 20 years. Unlike conventional approaches that mask symptoms, we address root causes in order to prevent, stabilize or reverse the disease process. How long you wait to come to us will determine what you can expect from your program. So far, all our alumni have given 5 star reviews. Pretty humbled by that. We give God all the glory! It’s only through His wisdom and guidance that this is possible. Don’t wait. Apply or Enroll today! We’re waiting on the other side of dis-ease to help you stay well.

Blessings,

*Sandy Bullard*

*Nurse/Practice Owner*