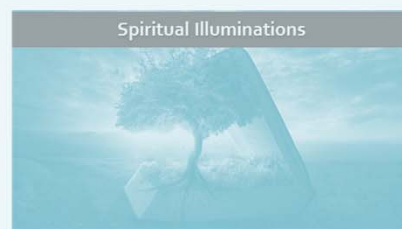


# HOW WE PROVIDE CARE



## How We Serve



## How We Connect



### Client

- ✓ **Dedicated** to helping clients have a better relationship with their health
- ✓ **Uncover the root cause** and develop a health action plan to restore the body to optimal health.
- ✓ **Naturally restore and maintain** overall mental, physical and spiritual wellbeing through the use of various safe and effective natural and biblically-sound healthcare methodologies.
- ✓ Give our clients the **best opportunities to live healthy, productive and fulfilling lives** through a guided and strategic natural process.

### Community

- ✓ Connect to projects that best match our services with the **community health needs**.
- ✓ To embrace culture, **promote health educations**, services and provide **self empower** development.

### National Outreach

- ✓ Support national outreach organization and project such as **"No Kid Hungry"**, **"National Collation Against Domestic Violence"**, **"Wounded Warriors"**, **"Human Trafficking"**.

### Educate, Engage, & *empower*

- **Client Centered (Therapeutic Partnership)**
- **Integrative & Alternative Medicinal Tools**
- **Signature Wellness Programs**
- **Health Guidance & Consultation**
- **TELEHealth & Virtue Practice**

# HOW TO HIT THE GROUND RUNNING NOW!

## Caring for Yourself PHYSICALLY

Be The CEO of Your Wellbeing – Develop a Relationship with Your Health and Wellbeing

### MAXIMIZE

- Commitment & Dedication
- Raw materials need to function and heal (Oxygen, Water Vitamins, Minerals, Antioxidants, Protein, Health Fats)

Since the blood is the life of the body, it is initially recommended that you follow your blood type nutrition to match your genetic archetype and microbiome frequency

The Solution to Pollution is Dilution. Water intake should be ½ your weight in ounces.

### MINIMIZE

- Removing what is harmful (Toxins, Infections, Allergens, Stress, Trauma)
- Limiting Beliefs (Fear, Negative Expectations)

### PRIORITIZE

- Setting the Stage to Heal
- Sleep, Rest, Laughter, Stress Reduction, Exercise, Breathing
- Meaningful relationships, positive visualization and association.

Enhancing Immune Capacity – 70% of your immune system is in your gut, it is important not to create a toxic environment to breach the gastric lining. Chronic inflammation over long periods of time creates disease. Supporting your immune system through nutraceutical supplementation, botanicals phytonutrient dense foods, and cleanse will help support and protect the gastric lining

When your perception is un-obstructive and clear you are filled with infinite possibilities. Know that where the **Mind** goes the **Body** will following. Learn to stay centered in your being

- It is Estimated that we produce 70,000 Thoughts on an average day. These thoughts / beliefs and subsequent emotions have an Epigenetic influence on our DNA

Begin **rearranging the Mind** - The two greatest gifts given to humanity is MIND and SPEECH. Control and maximize both to your advantage

- **Guard what your Ears Hear** Information will either strengthen or weaken your belief system. Engage with activities that build your faith, love and hope (instead of fear, worry and doubt)
- **Learn or try something new** Engage and exercise the muscles in the brain. Learning builds connections between neurons, replacing some of those we lose over time
- **Minimize Stress** Utilizing Emotional Freedom Technique (EFT) or the STOP method (Deepak Chopra) or **JUST BREATHE!** Each breath gives you divine expression of life, practicing Pranayama Breathing Exercises will help establish centering, equilibrium and balance your vitality

## Caring for Yourself MENTALLY EMOTIONALLY

## Caring for Yourself SPIRITUALLY

Healing is done on a Spiritual level first, then into the mental and emotional and into the physical body

- You are a Spiritual Being having a Human experience any pain, discomfort, chaos, crisis, or challenges are only an opportunity to heal, grow and evolve.
- Connect with the Community and **serve** – yes **serve**, so many are in need of our **salt** (provision) and **light** (Love & kindness). It promotes humility, empathy and compassion. What you make happen for others, God will open the universe and make happen for you
- **Give, give, give** (your time, financially, talents) the earth realm is based on seed time and harvest. The harvest is always greater than the seed. Don't view giving as spending – spending anything has no return, once it's gone – it's gone. However, view giving as an investment and in due season there will always be a return on investment.
- **Gratitude**, find things each day to be thankful for, this will help shift your energy and perspective to how you view the environment around you .
- **Reflection** – The benefits of journaling are endless and can relieve stress, anxiety, develop creativity and resolve
- **Prayer, Mantras and Guided Meditation** This not only helps reduce stress but also strengthens the spiritual connection between self and divinity
- **Worship** – The pattern of man is designed to worship and not to fear. Worship will super charge your atmosphere and change your frequency and perception. You'll always find the Spirit of the living God in the midst of your praise which = EMPOWERMENT