

## The Three Truths About Health

Ever wonder why you're not feeling  
or getting better?

From **bloat to weight loss resistance**, from **brain fog to low energy**, from **anxiety to stress and overwhelm**, from **chronic pain to sleep disturbances**, gain a better understanding so that **YOU** can be better informed about what it may take **for you to really, truly feel better!**

If you're navigating your health and life without a roadmap, this may be just the thing to **help you get started.**

Our current health care model doesn't take into consideration the reasons **WHY you may be struggling** to get well, and **HOW the symptoms may be affecting you**, and then **WHAT you can do** to make changes that will provide you with a more accurate root cause resolution to feeling better...**for the long term!**

**When would "now" be the right time?** Maybe tomorrow? Maybe next week? Maybe never because it's all so confusing and overwhelming? It's enough to throw in the proverbial towel!

But hang on! Join me inside this eBook to **better understand** how **EVERYTHING** is connected, how **ALL** things matter, and how we are all **UNIQUE!** And why those 3 things will flip your well care on its head to help you to **better understand why the quick fixes don't work**, and why the trends continually come and go despite your continued feeling of being unwell.

**NOW is YOUR time!** Let's make this whole wellness thing **easier to navigate!**



If you think about it, **everything that is around your health is connected** in one way or another to these 3 Truths!

These 3 truths are as **unique as your fingerprint**, because the things that make up each truth about you is uniquely...**YOU!**

I've shared an example or invitation of how to get started with each truth, so **NOW** is your time!

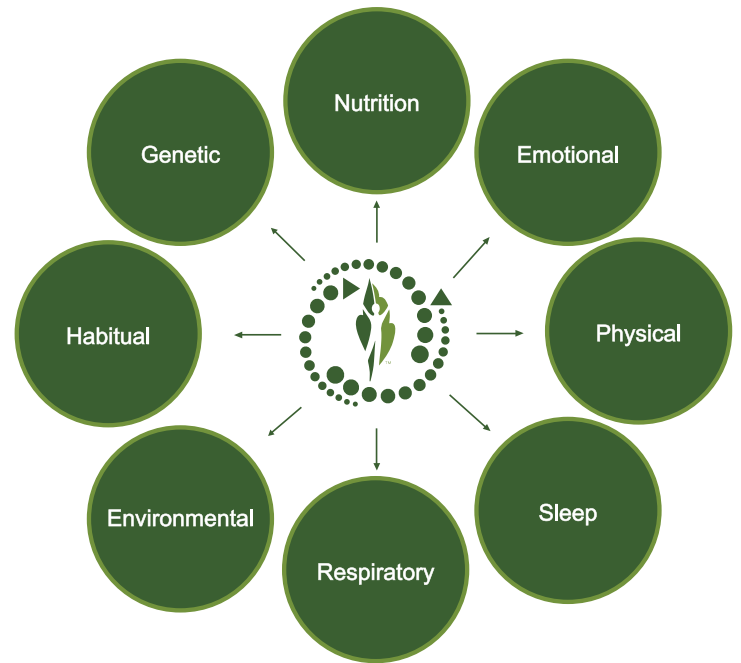
*Let's get started!*



# Truth #1

## Everything's Connected

If you've tried to work on all of these Wellness Factors all at once, we easily become overwhelmed. This is what most of us do and why our question of "is now the right time" gets answered with "I'll get started tomorrow"!



### *Here's another way to start:*

1. Choose **ONE** factor to start with
2. Choose **ONE** thing to shift or change this week in that one factor
3. For **example**, if you're trying to go gluten free, instead of eating ALL your foods gluten free;
  - Choose the "**nutrition**" factor to work on
  - This week, choose to simply be **AWARE** of one food every day you're already eating each day, and then think about what a gluten free option for that food might be.
  - **Instead of getting stuck** with all the things you CAN'T eat, you shift to focusing on what you **CAN** eat!
  - Instead of actually making the change this week to gluten free foods, you're **simply tapping into your awareness** of some gluten free options that are available!
4. By **shifting in this ONE factor** of nutrition, can you see how **ALL of the other factors could be positively affected** by making a change in just the **ONE** nutrition factor? Will you **sleep be better if you have more peace of mind around nutrition**? Because you're engaged in making the change, do you think **you'll feel more motivated to keep going**? An object in motion stays in motion...

Say goodbye to feelings of overwhelm!

## Truth #2

### All Things Matter

This truth helps us to **better understand HOW we got where we currently are**, the **path that our body took** to get there, and **HOW the symptoms affect you**.

Finding out what path our body took helps us to **clarify** our path, and to better understand the root cause.

By better understanding the root cause, we can dig deeper for a long-term resolution for your health as opposed to a quick fix. **How many quick fixes have you tried only to end up at the same place you started or even worse?** Stop the madness!

If you look at what's happened to you in your life **"upstream"**, you'll get a better clearer view of why you have the **"downstream"** issues that you have now and how they are impacting you. You may even be able to better target what things might be

creating **"muddy waters"** where your symptoms reside.

Start by **understanding all about your history and the impact that it may have on your health**. This is where

having a professional partner with an objective and clear view of your situation can really help!



**Take the free Two Minute Wellness Assessment right now! This could be your first step to uncovering the deeper reasons WHY you feel the way you do, and HOW you could find resolution!**

<https://tinyurl.com/3f2u4zub>

## Truth #3

### We Are All Unique



What could you do once you have clarity and support, and commit to making a lifestyle change that will serve you for the long term? **You have a unique solution that's as unique as YOU are!**

By gathering all of the information from your **detailed history**, by making **targeted choices** with your eight wellness factors, by **honoring your unique needs**, you can create a comprehensive plan for your healing that provides a lifestyle and habit change **that honors your unique needs as opposed to a "diet or solution"** that's supposed to serve a collective.

The positive changes that you experience **FAR**

**outweighs the satisfaction of a quick fix** that also quickly wanes.

There is no **"one size fits all"**, and frankly, **you are not broken**, so there's nothing to "fix"!

**You have options!** You have so much power within yourself to make positive long-term changes to your muddy waters.

When we embark on something as powerful as this, we can often feel vulnerable, and rightly so! Find **someone to work with you where you feel comfortable and connected**, where you feel you can be vulnerable enough to **make the changes necessary for your unique well-being**. Be humble. Be coachable. Be willing.

- Be Well. Get Well. Stay Well. -