



live well | Holistic Health Consultant

“It is more important to understand the imbalance in your body’s basic systems and restore balance than to name the disease and match the pill to the ill.” -Mark Hyman, MD

We want to empower you to get personally and intentionally involved in your own healing journey. If you settle for a pill or supplement (natural or pharmaceutical) that simply helps you manage your symptoms you will never get to the real problem. True healing starts with asking, “why?”

The core of our practice and philosophy of health is to detox (or remove) what should not be in the body and then give it what it needs to restore balance and do what the body is naturally designed to do— *heal*.

Treating the body as a whole.

Every part of your body was perfectly placed in a system that connects and works seamlessly together. Therefore, it is important not to think or work in isolated areas. The body is a whole piece not a mix of individual pieces. *When one member struggles, they all struggle.* Treating and nourishing it has to happen as a whole.

While our body is designed to physically heal it is also more than just what you see physically. At a base level, we are a body, mind and soul. Sometimes the healing you're looking for goes deeper than just physical level. Things like our mental state and emotional trauma can play just as much a role in undermining our health as any pathogen. So while our philosophy is to remove from the body what shouldn't be there, we do not limit that to physical things.

The goal is not to get rid of the symptom. The goal is to bring your body back into its natural state of balance. And the result is the symptom is resolved. What that looks like practically is not always immediate results. Sometimes issues seem to get worse before they get better. Sometimes it may require you to be willing to give up something unhealthy you've held for a long time. Sometimes it looks like impossible forgiveness. Sometimes it's being willing to put down the candy bar and give your body real nourishment.

Whatever it looks like, it's a “I'm ready to do whatever is necessary to heal” mentality, a lifestyle choice. The work can be hard but the results are always worth the effort.

To read more about the *holistic* health approach or what the medical field is calling “the integrative approach,” check out this great article from Mayo Clinic:

[A holistic approach to integrative medicine - Mayo Clinic Press](#)



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Who we are not:

We are not *medical doctors*. We do not prescribe medication, nor will we consult you on changing your medications. All changes in your current healthcare plan need to be made through your doctor or chosen healthcare provider.

We are not *practitioners*. We consult and you do the practice. Although we're here to support, it is the everyday decisions you make for yourself that will collectively over time create the healthy lifestyle and result you are wanting.

Who we are:

As *consultants* it is our privilege to come alongside you on **your** healing journey and for a time give you resources, support, information, and encouragement to use as you move forward. We hold space and create a safe atmosphere for healing to take place.

LiveWell is a consulting service and is not intended to replace your main healthcare provider. Please always check with your chosen healthcare provider before incorporating or changing anything in your plan of care.



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Explore Our Services

AET Biofeedback

\$100

Your session will include a series of energetic testing through the body via the nervous system. During this time, a personalized protocol will be put together specifically for your body with a perfect blend of detoxing and restorative items, carefully formulated in ultra-pure charged water. On average clients receive 6 gallons per visit.

What is AET? Advanced energy testing is a process that has evolved from bioenergetic science discovered by Dr. Voll, MD in Germany circa 1926. It is completely non-invasive, and the entire procedure is performed externally. AET includes the application of 5 volts with an electric probe to measure the resistance at selected acupuncture points located on the hands. It is FDA-approved for investigative purposes and is not intended to replace any conventional medical test and/or diagnostic procedure. Advanced energy testing is currently available in the United States, Europe, South America, China, Canada, and Australia.

AET is a form of Biofeedback. To learn more about Biofeedback check out this article:

[Biofeedback - Mayo Clinic](#)

Initial tests last up to 2 hours and cost \$100 (all follow-up tests are included in this initial fee). Detox jugs are created and shipped via Fedex within 3-5 business days. Jugs are \$60 each plus tax and shipping and on average an adult session will include around 6 jugs.

Initial sessions for kids (12 and under) last around 1 hour and cost \$50 (follow-up tests are included in the initial fee). On average, kids receive 2-3 gallons.

AET Biofeedback is safe for children of all ages, expecting mothers, and even pets!

We offer complimentary phone and office consultations. If you have any questions about our services being right for you please feel free to contact us.

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Get Started on Your Journey to Total Wellness: (601) 651-3531



Explore Our Services

Rebalance Session

\$75

In a rebalance session, we will use AET to work to bring electrical balance back to the body, reduce stress on the nervous system and create an action plan based on the results. This process is not designed for detoxing but solely supporting and is not the same process as putting together a detox protocol.

Specialized Rebalance sessions:

Mindset Coaching. *70-90 percent of illnesses are psychological. - Dr. Caroline Leaf*

There is no denying that our mental state will directly affect our physical condition. In a day when mental instability, depression, ADD, ADHD, OCD, and all the other D's are so prevalent this session is structured to address all different types of mental struggles with the goal to help increase and improve mental resilience. (Also see resource *A Mind Made Beautiful- A Gentle Guide to Owning and Healing Your Mind.*)

Emotional Release and Trauma Healing. Specifically designed for clients who have been or are currently in an overwhelming emotional experience. This can include the loss of a loved one, a miscarriage, a past trauma, the loss of a job, unmanageable stress, postpartum depression etc. The session utilizes a collection of modalities based on the individual and the situation. Working to restore balance and bring clarity while always honoring the body's timing and ability to move forward and let go.

Spiritual Mentoring. True change must engage at a spiritual level, to settle for anything less is to settle for a coping mechanism. For clients who are stuck in negative or destructive life patterns, these sessions are offered to give mental files for navigating past limiting belief systems and to help restore true identity. They are designed to give perspective and feedback. And provide accountability and encouragement as you navigate the ups and downs in your path of healing. (Also see resource *A Heart Made Pure- The Transforming Power of Unconditional Love-Coming soon!*)

Virtual Sessions

\$75

We now offer a 1-hour telehealth consultation specialized to your specific health needs.

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Explore Our Services

Raindrop Massage

\$75

This therapeutic massage designed by Gary Young includes a progression of 10 specific oils each preceded by a series of intentional movements down the spine to bring back into alignment, detox pathogen build up, and restore electrical balance. Your spine is the hub point to your nervous system and as things collect or get blocked the results are felt throughout the body. Every part of your body has a nerve receptor in the spine. This is how we are able to address the body as a whole although we only physically work on the spine.

Combined with Acupressure techniques, tuning forks, and warm compress the Raindrop Massage is a luxurious and relaxing way to reset and rebalance the body.

Additional things RM can help with: Taxed or weak immune systems, excellent for support during cold and flu season, stress relief, misalignment in the shoulders, back or hips, pain or tension in shoulders and neck, mental and emotional grounding, headaches and migraines, etc.

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