

Natural Essence Health & Wellness

Pathway to Health – Emotionally, Nutritionally, And Physically



Experience the powerful detoxification of your lymphatics. Indulge in a healing moment of peace and relaxation. Each treatment is like a personalized learning experience specific to your health needs and is like having your own personal health trainer; during every treatment you learn something new about your health and your body.

To take control of your health, you must have a clear understanding of *dis-ease*. There is only **One Disease** - your body is made up of cells and when a large number of your cells malfunction, for any reason, that is the **One Disease** - Cellular Malfunction. Whether you suffer from allergies, chronic fatigue, diabetes, heart disease, cancer, or the common cold, the cause may be the same - malfunctioning cells, the **One Disease**.

Our services and modalities are tailored to guide you through this healing journey, offering support and expertise every step of the way.

Discover a comprehensive range of wellness services tailored to enhance your health. Vicky's dedicated services target emotional, nutritional, and physical imbalances, working towards restoring equilibrium in the body.



Two Causes of Cellular Malfunction

1. **Deficiency** – cells are not getting what they need.
2. **Toxicity** - cells are being poisoned by something they do not need.

Like any organism, the human body has specific daily needs that must be met. Without meeting these needs, the body will not function properly and health cannot be maintained. The problem is that the lifestyle of the average person does not provide for these needs; disease is the logical and inevitable result. It does not have to be this way. Health is a choice. Virtually all disease can be prevented and most can be reversed. We have to recognize that everything in our lives influences our health, for better or for worse.

How do cellular malfunctions arise?

There are various triggers, including nutritional deficiencies, emotional stress, and physical ailments.

How can we address and prevent cellular malfunction?

Whether it's pain, allergies, fatigue, or more serious conditions like diabetes or cancer affecting systems such as the nervous, digestive, respiratory, circulatory (cardiovascular), muscular, skeletal, endocrine, integumentary, lymphatic (immune), urinary, and reproductive, we aim to intervene effectively.

By implementing changes nutritionally, emotionally, and through physical activity, we enable the body's innate healing mechanisms.

Services

Discover a comprehensive range of wellness services tailored to enhance your health. Vicky's dedicated services target emotional, nutritional, and physical imbalances, working towards restoring equilibrium in the body.

For those new to our services, we highly recommend initiating your journey with a Comprehensive Health Assessment coupled with a Lymphatic Cleanse. This dual approach not only establishes a baseline for understanding your health needs but also targets potential blockages identified in the initial assessment, actively addressing them during the lymphatic cleanse. This integrated strategy ensures a thorough understanding of your well-being while actively removing impediments to promote a healthier you.



Lymphatic Cleanse

Not a luxury but a necessity!

Your lymphatic system, like the bloodstream, circulates lymph fluid through your body. It contains white blood cells and removes toxins while also carrying proteins, hormones and fats to cells. Lymphatic system energy is regulated by neurolymphatic reflexes and act like circuit breakers or switches that get turned off when the system is overloaded. Toxins may accumulate and hamper the lymph flow causing energy blockage, discomfort, and pain.

Comprehensive Full Body Lymphatic Body Cleanse

Promotes blood flow and the movement of fluids through the lymphatic system resulting in increased circulation, chronic pain management, healthy sleep patterns, and stress relief. Provides anti-inflammatory effects, utilized in post-op treatments, and improves mood, better focus and productivity. Also includes acupressure trigger point therapy, myofascial release, organ meridian flowage and tracing, and other modalities the body needs (e.g. Kinesiology, Reflexology, Energy work/release etc.)

****We use and apply approximately 45 different natural organic essential oils, herbal natural healing salves and creams, and homeopathic remedies on all treatments.**

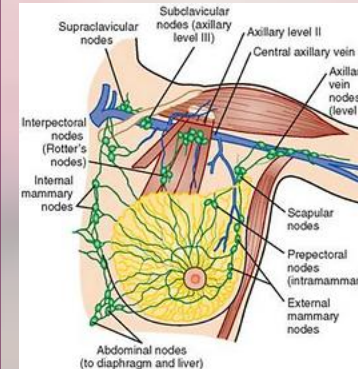
60 minutes

90 minutes

120 minutes

Breast Lymphatic Drainage

Allows you to potentially detect any irregularities in breast tissue. Also aids in making sure toxins in the lymphatic system are exiting the body and stimulates the secretion of powerful anti-aging hormones such as prolactin, oxytocin, and estrogen. For new moms: promotes breast milk production and prevents clogged milk ducts. **30 minutes - \$60**



Benefits of Breast Lymphatic Drainage may include the following:

- Improves lymphatic circulation: Stimulates the movement of lymph fluid, which may reduce swelling and promote the removal of toxins and waste products from the breast tissue.
- Reduces breast tenderness: Alleviates discomfort associated with menstrual cycles, hormonal fluctuations, breastfeeding, or other conditions that cause breast tenderness.
- Enhances breast health: Contributes to overall breast health, potentially reducing the risk of developing breast issues.
- Encourages relaxation: Induces a sense of relaxation and well-being, helping to relieve stress and tension in the chest and upper body.
- Facilitates breastfeeding: For breastfeeding mothers, aids in milk flow and prevent blocked ducts, mastitis, and other breastfeeding complications. It can also help reduce engorgement and discomfort.
- Promotes self-awareness: Allows individuals to become more familiar with the normal texture, size, and appearance of their breasts. This increased awareness can facilitate early detection of any changes or abnormalities, promoting prompt medical attention if needed

Health Screening Analysis

Health Assessment via the Zyto scan which measures your body's galvanic skin response (GSR) providing nutritional, emotional, and physical guidance.

Personalized Health Assessment 50+ page customized report is provided which includes:

- **Wellness**
- **Immunity**
- **Teeth**
- **Organs**
- **Vertebrae**
- **TCM Meridian**

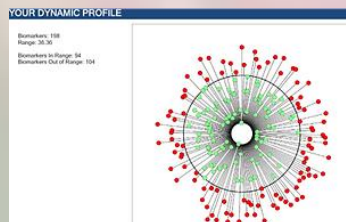
Personalized Wellness Report is discussed at the session which includes:

4 Core Systems

- Detoxification System
- Gastrointestinal System
- Hormonal/Endocrine System
- Immune System

Lifestyle Areas

- Diet and Nutrition
- Hydration
- Inflammation
- Mental/Emotional Stress
- Sleep
- Toxic Stress



With the development of ZYTO biocommunication, it is easy to identify your body's biological coherence for things relating to your health. Your first step to getting more out of life may be as close as a ZYTO scan.

60 minutes
(Follow-up) 30 minutes

6 Reasons Why You Should Get a Zyto

1. Insight into your health.

Reports from your ZYTO scan provide you with information that may help identify your individual wellness needs. Identifying Virtual Items to which you have an unusual response may give you and your practitioner insight about wellness issues to keep you functioning at an optimal state.

2. Identify your biological coherence for nutrition.

Does one size fit all when it comes to nutritional support? Of course not! ZYTO scans identify your body's unique responses. Knowing your biological coherence helps you and your practitioner choose the nutritional supplements that will support your individual health needs.

3. Save Money

There are many good nutritional supplements, but you probably don't need them all. Knowing your biological coherence helps you to choose products that are right for you. Choosing well means your investment in supplements is more likely to pay off, providing you the benefits you need and saving money on things you don't need.

4. Increase Energy

Your body consumes energy in its effort to maintain a healthy balance. When your body uses this energy to deal with life's extra challenges, like fighting a cold, you will have less energy to perform your day-to-day physical activities. ZYTO helps you to identify the physical activities. ZYTO helps you to identify the additional support your body may need to maintain wellness and keep your energy levels high.

5. Track your Health

ZYTO scans give you information 'in the moment'. Tracking your scans over time can be beneficial, allowing you to identify trends or long-term patterns that you will want to pay particular attention to. Keeping track of your past can help you predict the future, and reviewing your past ZYTO reports give you essentially a look back through time.

6. Peace of Mind

Worrying about your health or the health of loved one can be incredibly stressful. Sometimes it is hard to put into words what you are feeling, and then there is the added concern about things of which you may not consciously be aware. Biocommunication takes place at a subconscious level so you don't have to worry about the words you choose to describe what you are feeling. ZYTO scan reports introduce a new perspective about your unique biological coherence, enabling a more complete picture on which to base wellness decisions. Knowing more about your individual health can make all the difference... giving you an added measure of peace.

Reiki

Reiki is a Japanese technique that uses the life force energy to harmonize and balance the physical, mental/emotional and spiritual levels of the body allowing it to reach its healing potential. It treats the whole person including body, emotions, mind and spirit creating many beneficial effects:



- Stress reduction: Reiki is known for inducing a state of deep relaxation, which can help reduce stress, anxiety, and tension.
- Pain relief: Many people report experiencing pain relief after receiving Reiki sessions. It may help alleviate both acute and chronic pain, although individual responses vary.
- Improved Emotional Well-being: Reiki can promote emotional balance and inner peace, leading to improved mood, clarity, and a sense of well-being.
- Enhanced Energy Levels: Reiki is believed to balance the body's energy centers (chakras) and restore energy flow, resulting in increased vitality and a sense of rejuvenation.
- Support for Healing: Reiki is often used as a complementary therapy to support the body's natural healing processes. It may accelerate recovery from illness, surgery, or injury.
- Boosted Immune Function: Some proponents suggest that Reiki can strengthen the immune system, making the body more resilient to illness and disease.
- Spiritual Growth: Reiki is viewed by many as a spiritual practice that promotes personal growth, self-awareness, and spiritual connection.
- Holistic Wellness: By addressing the physical, emotional, mental, and spiritual aspects of health, Reiki promotes holistic well-being and balance.

60 Minutes

Crystal Healing

Crystal healing is a natural therapy and an energy-based system using a holistic approach that also looks into your physical, mental and spiritual health. Crystals help unblock, balance, and direct energy where it is most needed gently supporting the body to heal in a therapeutic way. It also supports energy detox allowing negative energy to leave the body.



Some potential benefits of crystal healing include:

- Stress Reduction: Certain crystals are believed to have calming properties that can help reduce stress, anxiety, and tension, promoting a sense of relaxation and inner peace.
- Emotional Healing: Crystals are thought to resonate with specific energies that can help balance emotions, release negative feelings, and promote emotional healing and stability.
- Physical Healing: Different crystals are associated with various healing properties, and they may be used to alleviate physical ailments such as pain, inflammation, headaches, and digestive issues.
- Energy Balancing: Crystal healing aims to balance the body's energy centers (chakras) and restore the flow of energy throughout the body, promoting overall vitality and well-being.
- Enhanced Meditation and Mindfulness: Many people use crystals during meditation or mindfulness practices to deepen their spiritual connection, enhance focus, and facilitate a sense of grounding and presence.
- Promotion of Spiritual Growth: Crystals are often viewed as tools for spiritual growth and enlightenment, helping individuals connect with their inner wisdom, intuition, and higher consciousness.
- Protection and Cleansing: Some crystals are believed to have protective properties that can shield against negative energies, electromagnetic radiation, and environmental pollutants. Others are used for energetic cleansing and purification.
- Support for Manifestation and Intention Setting: Crystals are commonly used in manifestation rituals and intention setting practices, helping individuals clarify their goals, amplify their intentions, and attract positive outcomes.

60 minutes

Emotional Healing and Stress Relief

Utilizes several modalities depending on what the body needs - EVOX, Emotional Freedom Technique, Tapping, Thought Field Therapy, etc.

Understand the role of stress in the development of dis-ease. Every thought we think is creating our future. Negative thoughts can poison the body and symptoms arise when the body cannot maintain homeostasis (balance). When emotional burdens are released, organs may then begin to function properly. With this treatment, you will become aware of your perceptions, and it will help shift and transform your life by getting you unstuck and releasing perceptions that no longer support you, allowing you to go from your sympathetic nervous system (flight, fight, freeze) to your parasympathetic nervous system (rest & digest) where optimal healing can take place.



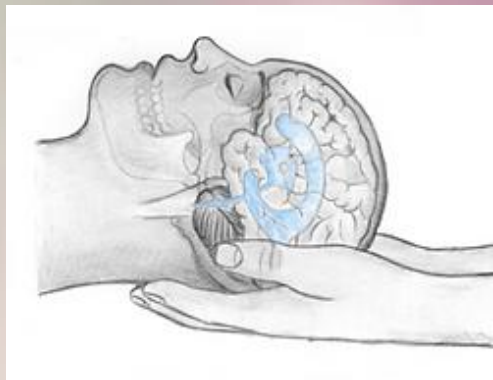
How does the emotional affect the physical? It's not just in your head...

Emotions have a significant impact on physical health through the mind-body connection. Stress, negative emotions, and chronic emotional states can contribute to issues such as immune system suppression, inflammation, cardiovascular problems, digestive disorders, and disruptions in sleep patterns. Positive emotions, on the other hand, may have beneficial effects on overall health and well-being. The relationship between emotions and physical health is complex, highlighting the importance of addressing both mental and physical aspects for optimal well-being.

30 minutes
60 minutes

Neurovascular Cleanse (Cranial/Brain)

Neurovascular therapy is a form of bodywork that addresses the neurological conversation between body and brain so that your body, mind, and spirit can flow with the central nervous system and support the flow with more ease. A gentle and informed touch is used to calm the central nervous system and support the flow and function of the body's many systems allowing you to feel calmer, relaxed, grounded, centered, and the release of tension and headaches.



Additional potential benefits may include:

- Improve Cognitive Function: By enhancing blood flow and oxygen delivery to the brain, neurovascular cleansing techniques may support cognitive function, including memory, concentration, and mental clarity.
- Enhanced Brain Health: Optimal neurovascular function is crucial for maintaining brain health and may contribute to the prevention of neurodegenerative diseases such as Alzheimer's disease and dementia.
- Stress Reduction: Techniques aimed at promoting neurovascular health, such as relaxation exercises, deep breathing, and mindfulness practices, may help reduce stress and promote overall well-being.
- Improved Mood: Optimal neurovascular function is associated with the regulation of mood-related neurotransmitters and hormones. Supporting neurovascular health may help alleviate symptoms of anxiety and depression.
- General Well-being: A healthy neurovascular system is essential for overall health and vitality. Neurovascular cleansing practices may contribute to a sense of well-being, vitality, and resilience.

30 minutes

Cellular Detox/Sauna

Infrared treatment: (Includes all levels of infrared)

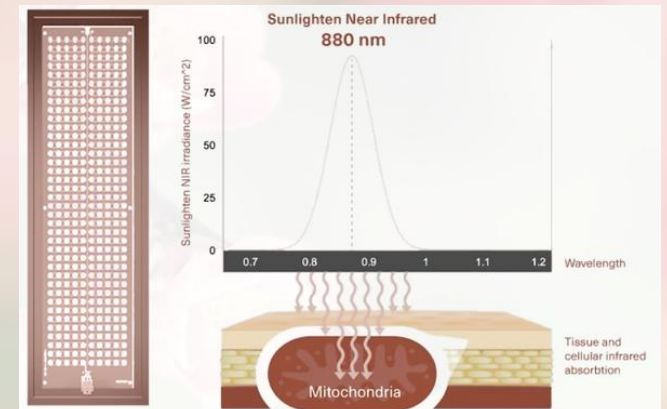
- **Far** - Works on the cellular level, stimulating the sweat glands to release harmful toxins, increases heart rate, cardiac output and metabolic rate.
- **Mid** - Penetrates into soft tissue, helping expand blood vessels and increasing circulation to injured areas of the body. Useful in treating inflammation of the body.
- **Near** - Promotes wound healing, skin renewal and tissue growth.

Treatments for:

- **Relaxation, Pain Relief, Cardio** - Far, Mid, and Near Infrared
- **Detoxification, Weight Loss** - Far and Mid Infrared
- **Anti-Aging** - Far and Near Infrared

1. May increase & improve blood circulation and breathing.
2. Removes toxins from the body through sweat.
3. May assist in weight Loss: Heart rate increases substantially. Scientific calibrations suggest 30-min. session at $\sim 170^{\circ}\text{F}$ burns > 500 cal. Body's metabolism speeds up similar to exercise.
4. May cleanse skin more thoroughly than just taking showers; resulting in soft & healthy skin with immediate noticeable effects.
5. Body relaxation: Stress build-up creates tension which manifests various aches & pains; heat & humidity may diffuse pain & relax tired muscles.
6. May strengthen immune system: May help produce WBC's to fight infections & ailments.

60 minutes



Facial Detox & Lymph Cleanse

Detoxify skin with natural herbs, probiotics, and natural salves. Open facial lymphatic pathways promoting facial circulation and toxin release. Facials/masks help moisturize, detoxify, increase circulation and replenish nutrients while also eliminating dead skin, cleaning away impurities and improving texture and circulation.



- **Eliminates Dead Skin:** Designed with natural ingredients that help slough off dead cells helping you reveal younger looking skin preventing dull complexion & clogged pores that can lead to blemishes.
- **Cleanses Away Impurities:** Masks are designed with ingredients that deep clean your face, removing impurities that may be deep within the pores. As masks dry, it pulls impurities away from skin, eliminating deep grime and impurities.
- **Improves Texture and Circulation:** Special ingredients help draw blood to skin's surface which helps skin stay healthier. Improved circulation provides nice skin tone, giving skin a beautiful, refreshing glow, and giving skin a beautiful texture that looks amazing!
- Applicable for mature/dry/combo skin as well as acne prone/oily/sensitive skin.

Infrared Tools Utilized:

ENANE TOTALE: Anti-Aging - Red & infra-red light technology to treat fine lines, wrinkles and skin impurities.

Improves Skin Elasticity - Micro vibration improves cell regeneration & skin puffiness.

ENEO BLU: Acne & Detoxification - Blue light technology assists in eliminating acne causing bacteria.

Pigmentation - Green light technology assists in balancing melanin levels.

ENEO EYE: Anti-inflammatory - Detox blue light helps clear away imperfections.

Anti-Aging - Red & infra-red light technology to treat fine lines, wrinkles and skin impurities.



60 Minutes

Healy Assessment & Application

A bio-energetic resonance device to relieve pain, stress, along with balancing your mind and body through the use of individualized frequencies:

- Wellbeing
- Learning
- Fitness
- Emotional
- Pain/Psyche
- Job
- Mental
- Sleep
- Beauty
- Skin
- Meridians
- Chakras
- Bach Flower Remedies
- Materia Medica
- Amino Acids
- Australian Bach Flower Remedies
- Schuessler Salts
- Homeopathy
- Stimulation
- Bioenergetic Defense/Harmony/Support/Visualization
- Deep Cycle
- Digital Nutrition
- Power of Three
- I-Ching
- Aura
- Alaskan Gem Elixirs



**Individualized reports are included

Healy for Well Being and Balance

Fitness: Healy is meant to harmonize the Bioenergetic Field of your body.

Beauty: Healy is intended to bioenergetically harmonize your inner and outer beauty.

Skin: Healy is designed to harmonize the Bioenergetic Field of your skin.

Sleep: Healy is designed to harmonize your sleep.

Mental Balance: Healy is designed to harmonize the Bioenergetic Field of your mind and emotions.

Job: Healy is designed to harmonize your work life Bioenergetic Field.

Learning: Healy helps you focus when you really need to.

Healy for Pain Relief

Healy with TimeWaver technology is a medical device for the treatment of pain in chronic pain, fibromyalgia, skeletal pain and migraine, as well as for the supportive treatment of mental illnesses such as depression, anxiety and related sleep disorders, that can be worn on the body. It is intended to stimulate certain areas in your body with the help of individually determined frequencies.

Healy is a microcurrent medical device that has been cleared by the U.S. Food and Drug Administration only for local relief of acute, chronic, and arthritis pain and muscle soreness due to overexertion. Healy also has non-medical applications that use Individualized Microcurrent Frequencies (IMF) to harmonize your Bioenergetic Field.

Healy is a wearable that uses Individualized Microcurrent Frequency (IMF) programs for the harmonization of your Bioenergetic Field.

60 minutes

Nutritional Guidance & Natural Supplements

Food may be the most powerful medicine. Eliminate High-FI (Food Intolerance) foods to give your body the ability to heal and nourish the body with healthy foods. When healthy food is not enough; use natural supplements to enhance and maintain your health. Since natural supplements come from food-based sources, your body may be able to better absorb the nutrition that they contain more readily than it can when you consume supplements that have artificial ingredients.

- Blood Type: A chemical reaction that occurs between your blood and the foods you eat; identify "highly beneficial" and "avoid" foods.
- Intermittent fasting
- Vitamins, Digestive Enzymes, Probiotics, and more...

Download Acid & Alkaline Foods Chart on our website.



****Included in the Health Screening Analysis**

Blood Type Test (ABO Rh Typing)

Performed to determine a person's blood type representing markers (called antigens) on the surface of red blood cells and will indicate if you're A, B, AB, or O (+ or -). May assist in developing a personalized nutritional program.

Certain foods may be more beneficial or detrimental to individuals based on their blood type. Following a corresponding blood type diet may offer nutritional benefits.

Here are some potential nutritional benefits associated with knowing your blood type and following a blood type diet:

- **Improved Digestion:** Advocates of the blood type diet suggest that certain foods may be easier for individuals to digest based on their blood type. Tailoring your diet to your blood type may help alleviate digestive issues and promote better gut health.
- **Enhancer energy Levels:** Following a diet that aligns with your blood type may help optimize nutrient absorption and energy metabolism, potentially leading to increased energy levels and reduced fatigue.
- **Weight Management:** Proponents claim that individuals may be more likely to achieve and maintain a healthy weight by eating foods that are compatible with their blood type. This may involve avoiding certain foods that are believed to contribute to weight gain and focusing on others that support weight loss.
- **Improved Immune Function:** Some proponents suggest that eating according to your blood type may help strengthen the immune system by reducing inflammation and supporting overall health. Certain foods may be recommended or avoided based on their purported effects on immune function.
- **Reduced Risk of Chronic Disease:** Advocates of the blood type diet propose that following a diet tailored to your blood type may help lower the risk of certain chronic diseases, such as cardiovascular disease, diabetes, and cancer. This is based on the idea that certain foods may promote or inhibit disease development based on blood type.
- **Better Nutrient Utilization:** The blood type diet emphasizes consuming foods that are compatible with your blood type, which proponents believe may optimize nutrient utilization and absorption. This may help ensure that your body receives the nutrients it needs for optimal health and functioning.
- **Increased Overall Well-being:** By following a diet that aligns with your blood type, you may experience improvements in various aspects of health, including mood, mental clarity, and overall well-being. Eating foods that are well-tolerated by your body may help you feel better both physically and emotionally.

45 minutes ~ 1 hour

Products

Natural Essence Health & Wellness selects product lines that we provide to our clients based on their quality, pureness, and health benefit.

Due to the nature of our product lines, some of these companies offer independent business opportunities for individuals. While our focus is not on promoting these opportunities, we would like you to know that we can assist you with the opportunity to become an independent business representative and purchase products at wholesale prices with the following companies:





Apex Energetics™ serves the healthcare community as a leading sponsor of cutting-edge functional medicine education and has created an innovative portfolio of research-guided nutritional formulas supported by superior customer service for over 30 years. Our unique approach to nutrition involves capturing and integrating science and healthcare professional insights into successful performance-based health products and strategies for patients. Apex Energetics formulas are developed by leading experts in close association with our Scientific Advisory Board. This collaboration integrates a wide range of healthcare perspectives and approaches such as functional medicine, chiropractic principles, Eastern medicine, and the latest nutritional science. Our science-based process results in formulas that maintain compliance with our rigorous quality control standards while meeting unique patient needs. Our formulas support specific biochemical pathways and physiological processes, such as the neuroendocrine-immune axis, the brain-gut axis, and hepatic detoxification, as well as brain chemistry and functional blood chemistry.

To ensure healthcare professionals and their patients can rely on all of our nutritional formulas we follow significant quality assurance standards much greater than the industry requires and ensure all of our procedures are in compliance with “Current Good Manufacturing Practices” (cGMP).





Loomis Enzymes® as we know it today evolved from Dr. Howard F. Loomis Jr.'s goals of providing high quality products and great value to healthcare practitioners and their patients. So much of our history is tied to the story of Dr. Loomis, and so much of our future will be rooted in his principles.

Dr. Loomis' Legacy

In 2018 Dr. Loomis chose to focus on lecturing and writing and provided his children with the opportunity to continue his goal of providing high quality products and great value to healthcare practitioners and their patients.

Working by his side for the last 23 years and under his guidance, his son Howard and daughter Christina have handled the day to day tasks of running the company for the last decade. In 2019 Loomis Enzymes® was formed to continue his legacy by providing the quality products, made to his exacting standards, which our customers rely on.

Changing the Face of Clinical Nutrition

By combining Dr. Howell's theoretical work with his own work correlating laboratory results with physical examination findings, Dr. Loomis began to use individual enzyme supplements to establish exactly how each enzyme influenced the body. After 5 years of extensive trial and error, clinical study, and reviewing laboratory results the first products were ready to go to market.

He spent the next 8 years lecturing on the clinical applications of plant enzymes, continuing his private practice, clinical investigations, and raising his family.

In 1993 he sold his private practice in order to start his own supplement company, establishing Enzyme Formulations in 1995. He spent the next 23 years building his company and perfecting his products while continuing to lecture and find the time to author four published books. The Chiro-Zyme®, Thera-Zyme® and Enzyme Solutions® products he created during this time are the foundation of the current Loomis Enzymes® products.



For over 40 years, Biotics Research Corporation has revolutionized the nutritional supplement industry by utilizing “The Best of Science and Nature”.

Combining nature’s principles with scientific ingenuity, our products magnify the nutritional benefits to clinicians and their patients with cost-effective, leading-edge supplements and enhanced product performance. We drive advancement by focusing our initiatives on research, natural effectiveness, product safety, efficacy, unparalleled quality control and continuing innovation.

We drive practice partnerships by focusing on your success with free educational resources and cutting-edge products resulting in improved patient outcomes. At Biotics Research, creating superior nutritional supplements is just the beginning!

Biotics Research Corporation is a complete nutrition company. From lab to label, practice to patient and resources to recommendations, we provide all of these necessary tools to empower our family of practitioners to establish nutrition as a cornerstone of their practices. It’s everything you need from a nutritional supplement company...all under one roof!



HerbalLegacy.com was created as a way for people to find out more information on the formulas created by Dr. John R. Christopher, and how they were originally intended for use. One of Dr. John R. Christopher's goals was to have an Herbalist in every home, and a Master Herbalist in every community. HerbalLegacy.com hopes to further the knowledge of Dr. Christopher by offering detailed information on his formulas, and natural healing programs.

The site also details other information that people might find useful, including various healing programs put together by Dr. Christopher. The name HerbalLegacy was chosen because of the rich legacy passed on by Dr. Christopher. Please see the biography, *An Herbal Legacy of Courage*, written by his son David Christopher BA MH AHG, to find out more about his legacy.

At HerbalLegacy.com you will find a great deal of information on all of Dr. Christopher's Formulas, Cleansing Programs, Recipes to ensure your good health, and various writings by him. In addition there are testimonials from people who have used these methods successfully. You will not be able to purchase any herbal supplements from this site. This site is intended to educate people in the correct usage of herbs and nutrition.

Dr. John R. Christopher, M.H., N.D.



Once in a great while the earth is blessed with an enlightened soul who is able to raise the consciousness of his fellow man by his love, wisdom and honor. Our founder, Dr. John R. Christopher, M.H., N.D., intended for everyone to have the knowledge to properly care for their own body.

In his youth, Dr. Christopher became interested in natural healing when he saw the results of naturopathic healing in his mother. His enthusiasm increased when he found he was able to cure himself of cancer using natural methods. Throughout extensive legal persecution, personal counseling and rigid lecture schedule, he began formulating what would become his world renowned herbal combinations in 1945. Hailed as America's foremost herbalists, Dr. Christopher developed a training program for herbalists and organized The School of Natural Healing in 1953.



Since 1997, Energetix has served the needs of forward-looking healthcare practitioners with a line of highly-integrated nutritional, botanical, and homeopathic products. With our non-suppressive, therapeutic formulas, we strive to help practitioners address complex health concerns in an increasingly toxic and imbalanced environment. We provide the tools for healthcare practitioners to develop nutritive and purifying strategies for the patient's health and vitality. Energetix offers over 120 products designed to combine synergistically and formulated for bioavailability with meticulously sourced ingredients to ensure the highest quality products.

As a pioneer in bioenergetic medicine, we create our products with a recognition of the body's energetic fields and an appreciation for their influence on the body as a whole. We also recognize that each patient has unique needs, and our products facilitate an individualized approach. Our goal is to provide practitioners with innovative solutions that respect the body's innate wisdom.

Nutritionals



- Vitamins
- Minerals
- Phytonutrients
- Probiotics
- Anti-oxidants
- Enzymes
- Herbal cleanse formulas
- Bioavailable protein
- Immune support
- Glandulars

Spagyric Botanicals



The spagyric method is an intricate and meticulous process designed to retain and concentrate the properties of the raw materials

Homeopathics



Our homeopathic products have been named according to 3 groupings:
Paths -for weakness or imbalance
Tones -for congestion or stress
Chords systems, organs, glands or tissues compromised or overburdened by toxins



Essential oils are aromatic, concentrated plant extracts that are carefully obtained through steam distillation, cold pressing, or resin tapping. We offer essential oils, blends, and oil-infused products with the optimal levels of specific, naturally occurring essential oil constituents to maximize their potency. Through the painstaking steps of our proprietary Seed to Seal production process, we produce the best essential oils in the world. We are committed to providing pure, powerful products for every family and lifestyle, all infused with the life-changing benefits of our essential oils.



Our community of wellness started small in 1993, when D. Gary Young and Mary Young developed their first organic herb farming and distillation operation. At the time, Gary Young had already discovered the incredible power of essential oils, but because the quality of available oils varied so greatly, he'd been unable to fully harness their potential. Mary's previous experience in the direct-selling industry enabled the Youngs to fulfill their vision and establish a business that would empower its members to share truly pure essential oil with the world.

After establishing Young Living in 1994, the Youngs developed more farmland in Utah and Idaho and began cultivating lavender, peppermint, melissa, clary sage, and many other herbs. Fueled by a growing demand for top-quality essential oils, Young Living designed and built the largest, most technologically advanced essential oil distillery in North America. In harmony with these efforts, Young Living developed its groundbreaking Seed to Seal® process, which preserves the integrity and potency of essential oils through every step of the production process.

SIGN UP FOR A WHOLESALE OPPORTUNITY

There are 2 types of memberships available: Member and Retail Customer.

- A Retail Customer is able to purchase products on-line directly from Young Living at FULL RETAIL PRICE and do not enjoy any other benefits.
- A Member receives discounts off of retail prices along with other benefits. Along with the discounts and rewards, becoming a Young Living Member requires the following commitment:

Purchase a One Time Starter Kit at sign up time starting at \$45.00

1. Go to <https://www.youngliving.com/us/en?enrollerid=23266463>

2. Select either “Member” or “Retail Customer” and select the radio button for “I was referred by a member and have their ID numbers”

3. The page will expand to requesting “My Sponsor ID” and “Enroller ID”

The screenshot shows the 'Choose Your Membership' section with two options: 'Member' (selected) and 'Retail Customer'. The 'Member' option includes a 'Save 24%' badge and lists benefits like 24% off retail pricing, participation in the compensation plan, and access to Essential Rewards. The 'Retail Customer' option lists that they pay full retail price and do not need a Starter Kit. Below this, the 'Membership Details' section has 'Country' set to 'UNITED STATES' and 'Language' set to 'English (United States)'. The 'Who introduced you to Young Living?' section has the radio button for 'I was referred by a member and have their ID numbers' selected.

This screenshot shows the 'Choose Your Membership' section with the 'Retail Customer' option selected. It lists that retail customers pay full retail price and do not need a Starter Kit. The 'Membership Details' section is identical to the previous screenshot. In the 'Who introduced you to Young Living?' section, the radio button for 'I was referred by a member and have their ID numbers' is selected, and the 'My Sponsor ID' and 'Enroller ID' fields are both filled with the number '787441'. A 'Continue' button is visible at the bottom right.

4. Enter “787441” into both of these fields and Select “Continue”

5. Follow the steps on the subsequent pages to select your Starter Kit and complete your membership signup.

***The Automatic Monthly Order signup is OPTIONAL.**



You have just found a source of the highest quality, chemical-free, and gluten-free healthy organic herbal creams, medicinal salves, and massage oils. All of our products contain 64%, or more, certified organic ingredients! This percentage is incorporated into our company logo on the label of each product.

If you need help with the symptoms of PMS, menopause, or dryness you are in the right place.

Searching for the best in skin care? We make it.

All of our products are manufactured by us on our premises to the highest quality standards. Your body deserves the best!

Since 1994 we have become an established, environmentally conscious herbal products manufacturing company. We manufacture our products with organically grown or ethically wild-crafted herbs and food grade oils. Our creams are rich; if you had to, you could eat them. Our look is straightforward and practical; the glitz is IN the jar!

What sets us apart:

- We have selected to be a USDA Organic Certified manufacturer.
- Our creams contain no chemical preservatives, isopropyl parabens, or synthetics.
- We engage in no practices that harm the environment.
- Two of our products specifically address the symptoms of menopause and PMS.
- Our products are cruelty-free and GMO free.
- Our organic products are certified organic by MCI, The Minnesota Crop Improvement Association.
- Woman-owned business. As professionals and as individuals, we live this life and know from first-hand experience what people need.
- We are in this business for a single, compelling reason: People need our products!





Isn't it a great feeling to feel strong, active and healthy? A healthy body and mind means quality of life, after all.

That's why the Healy offers you IMF applications to help you stay fit, and harmonize your Bioenergetic Field. It is designed to support you in stressful situations during the day, help you recover more easily and find peace in the evening.

Healy is meant help you to increase your vitality to improve the flow of your energy reserves and to activate your energy reservoirs.

Although Healy is small, light and inexpensive, it has a lot to offer: it can harmonize your Bioenergetic Field to help balance your mind and body and improve your quality of life, and it can also give you an analysis of your energetic state and help you find ways to improve it.

Healy is an ingenious invention that will provide you with support for your holistic health, your wellbeing, your family and yet it is easy to use. To give you an overview of what Healy can do for you, and to make sure that you only buy what you really need, we have put together the Healy IMF program pages and modules in the form of different editions, so you can choose the best one for you. A Healy Edition consists of the Healy itself and a group of IMF programs for a specific application area. Of course you can add other program pages to your Healy at any time if you need more functionality later!

To purchase a Healy, contact [NaturalEssence Health & Wellness](#)



Since 1972 Nature's Sunshine has grown from a small, family-owned business to one of the leading health and wellness companies in the world. And it's all built around you, you're special. Your body, your life, your needs... it's all unique to you. For a custom solution as unique as you are, we've made over 600 different products. From targeted care to daily essentials and weight management solutions, our natural health products feature the best raw ingredients Mother Earth has to offer.

Nature's Sunshine changed the world as the first company to put herbs into easy-to-take capsules. For almost 50 years we've brought the healing power of herbs to millions of people across America, and with over 600 products we have something for everyone, starting with you.

Vitamins and Supplements

Nature's Sunshine offers premium vitamins and supplements designed to help you reach your health goals. Since introducing encapsulated herbal supplements in 1972, Nature's Sunshine has been the industry standard for dietary supplements for more than 45 years. Taking a supplement is one of the simplest health approaches you can implement, yet doing so can transform your life. We offer more than 500 different vitamins and supplements, including herbal supplements, essential oils, protein products, and so much more.

Vitamins and supplements can help your body get the nutrition it needs to perform at its best; taking a supplement ensures you get the proper amount of a vitamin or mineral needed for your body to reach peak performance. Whatever your health goals, we have herbal supplements, mineral supplements, and many more nutritional products ready to help you succeed.

SIGN UP FOR A WHOLESALE OPPORTUNITY



Along with the discounts and rewards, joining Nature's Sunshine requires the following commitment:

- Make an initial purchase of \$40 or more

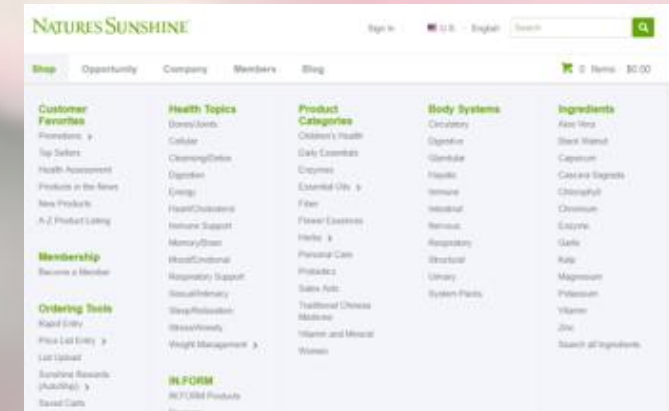
The steps for becoming a member requires the following (see below for illustrated steps):

- Must purchase \$40 (Member Cost) or more worth of products
- Sign up to “Become a Member” button during checkout process

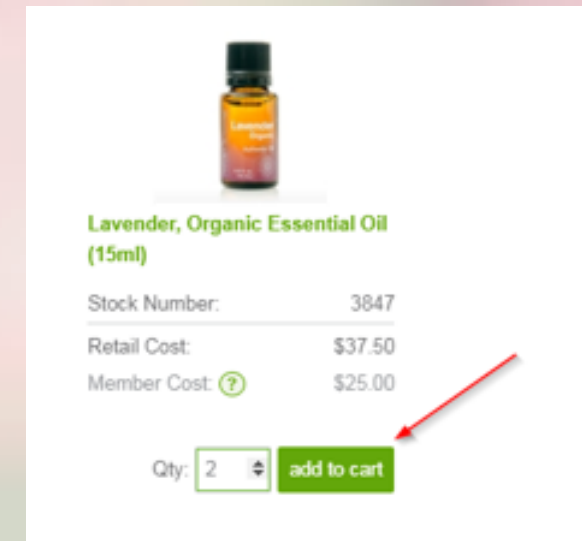
1. Go to: <https://www.naturessunshine.com/us/> and Select “Shop”



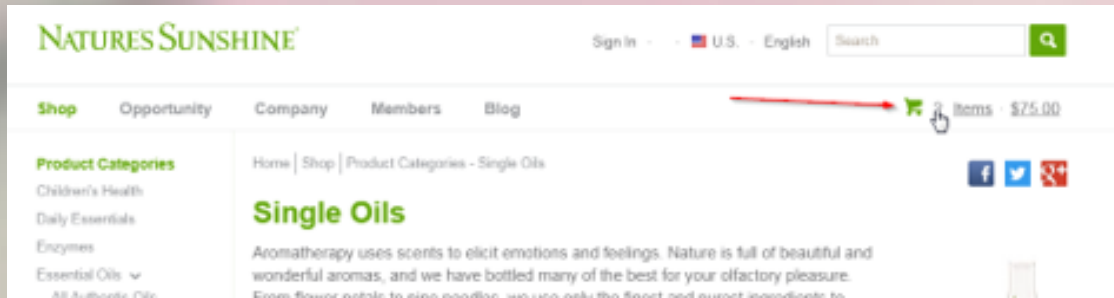
2. Once you select “Shop”, you will see a large number of categories from which to select products as well as a search capability to find any specific products:



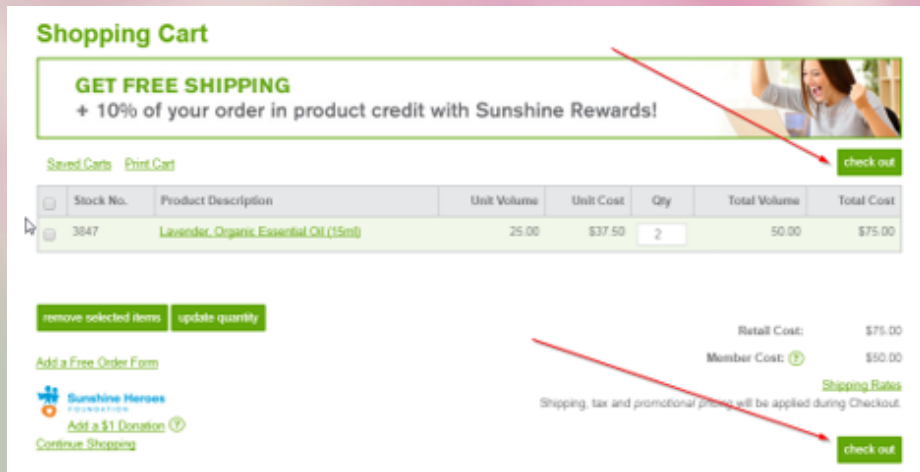
3. Add \$40 (Member Cost) or more of products to your Cart:



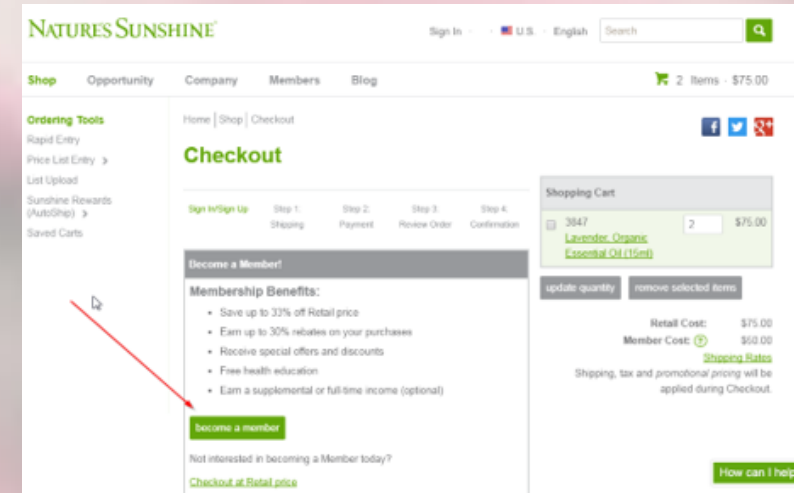
4. Continue to Checkout by clicking on the “Cart” icon at the top of the page:



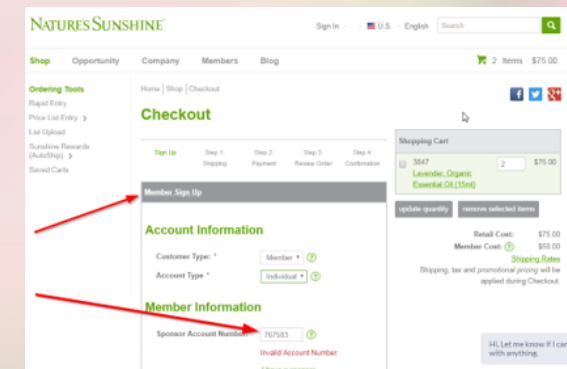
5. Click on “Checkout”:



6. Select the “Become a Member” button during checkout:



7. Fill out the “Member Sign Up” page and enter 767583 in the “Sponsor Account Number” field (this is Vicky’s Account Number) and then select “Submit” to complete the signup:



Congratulations... you are now a member!



About

Since 2004, LifeWave has helped people all over the world realize their greatest potential. Our patented, proprietary wellness products help to deliver more energy and stamina, mental acuity, better sleep, reduced stress, improved skin appearance, faster wound healing and an overall feeling of youthful vitality. Our products also help people reduce body fat and decrease pain. We believe our transformative products and flexible business opportunities can help you approach each day with more drive, focus, enthusiasm and passion. Because when you're at your best, you experience the world differently and new possibilities open up all around you.

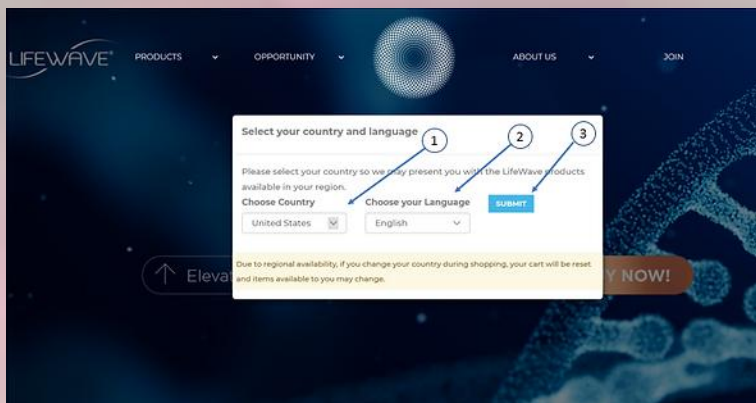
Mission

We're here to help people feel better, look younger and lead more joyful lives. We do this through wellness products that tap into the body's natural energy and resiliency, and through business opportunities that inspire personal and professional fulfillment.

SIGN UP FOR A WHOLESAL OPPORTUNITY

1. Go to: <https://lifewave.com/naturalessence>

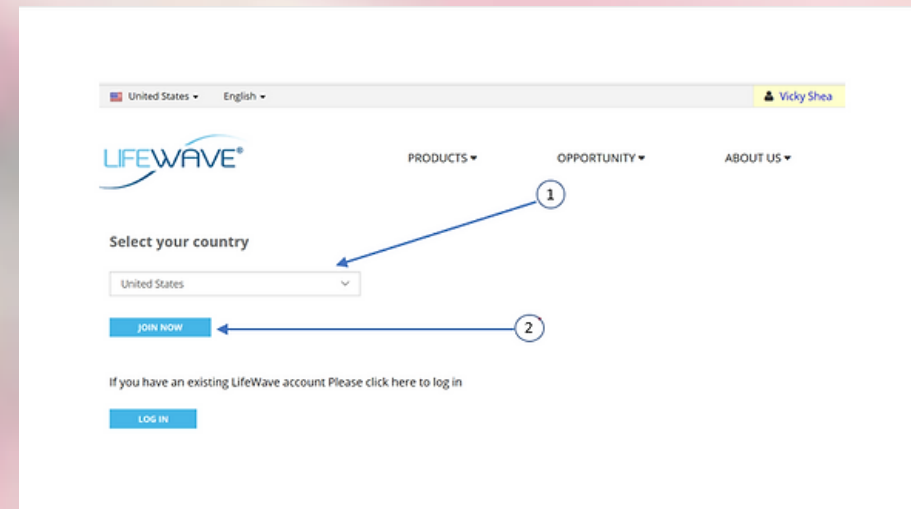
2. Select your Country and Language and click “Submit”



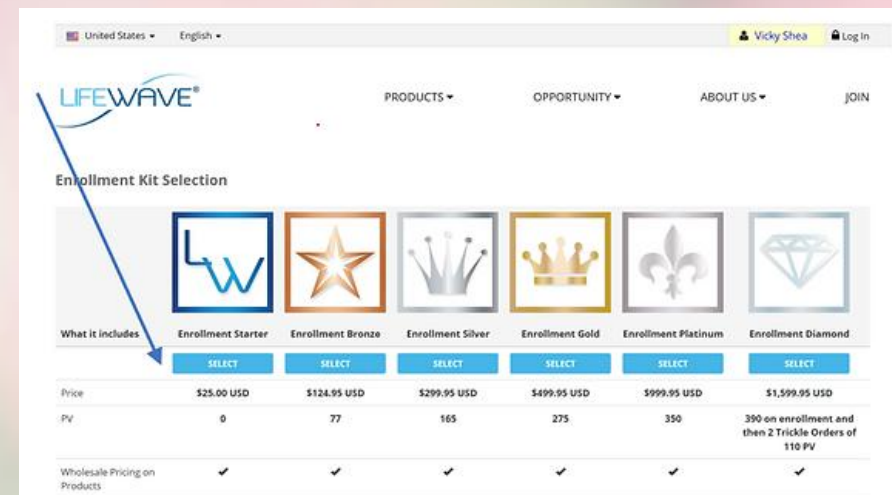
3. Select “Join”



4. Select your country and click “Join Now”



5. Select the Kit that you would like to use for Enrollment:



6) Complete your Enrollment Kit and click “Continue”

United States English Vicky Shea Log In

LIFEWAVE® PRODUCTS OPPORTUNITY ABOUT US JOIN

Back to Kit Selection Page

Enrollment Bronze

Welcome to your Kit Customization! Your kit is currently ready to go. But if you'd like to customize it, just remove any items and add new ones from the categories on the left.

Item	Description	Quantity
	LIFEWAVE X39™ PATCHES 39690.022.029	1
	ENROLLMENT SALES AIDS ENRSA-USA-EN English	1

Categories: Skin Care, Nutritional Supplements, Patches, Sales Tools

is now complete! Please click the "continue" button to proceed.

CONTINUE

7) Complete the Personal Information section and click “Submit”

United States English Vicky Shea Log In

LIFEWAVE® PRODUCTS OPPORTUNITY ABOUT US JOIN

Personal Information

Personal Information

FIRST NAME * MIDDLE NAME
First Name Middle Name

LAST NAME *
Last Name

GENDER *
Prefer not to say

[View Terms and Conditions in Full Screen](#)

Once you have reviewed the Policies, and if you agree to abide by them, please click the "I agree" box located below and continue with your application to become an independent distributor. **PLEASE NOTE THAT BY CLICKING "I AGREE" YOU INDICATE THAT YOU HAVE READ AND UNDERSTAND THE POLICIES, AND AGREE TO BE BOUND BY THEM.**

I agree to the terms and conditions of the Distributor Agreement and the Policies and Procedures.

SUBMIT

Your Enroller

Vicky Shea ID# 1019829
natural.essence100@yahoo.com
214-914-0311

Order Summary

TODAY'S ORDER

Description

8) Congratulations!!! Your Enrollment is Complete!!

ASEA®

The Genesis of ASEA

Norton, who established a reputation as a leading business strategist after a long, distinguished career working for and consulting with top multinational companies, found himself serving on the board of a small biotech company. The company was working on groundbreaking technology related to the science of redox signaling molecules—life-sustaining cellular messengers that help protect, rejuvenate, and keep cells functioning at optimal levels.

Knowing that supplementing the body's native supply of redox signaling molecules would optimize cellular function and overall health and wellness, the goal of this company was to recreate these molecules outside the human body and produce them in a consumable product. When the company ran into financial challenges and was forced to sell the redox signaling technology it developed, Norton, recognizing the enormous significance and potential of this concept, partnered with his business partners to purchase the technology.

Working with a team of researchers, the partners commissioned them to develop this pioneering product concept with a three-fold mission: further the stability of the redox signaling molecules in the product, identify and facilitate safety testing and quality control, and commercialize the product so it could be produced in large amounts.

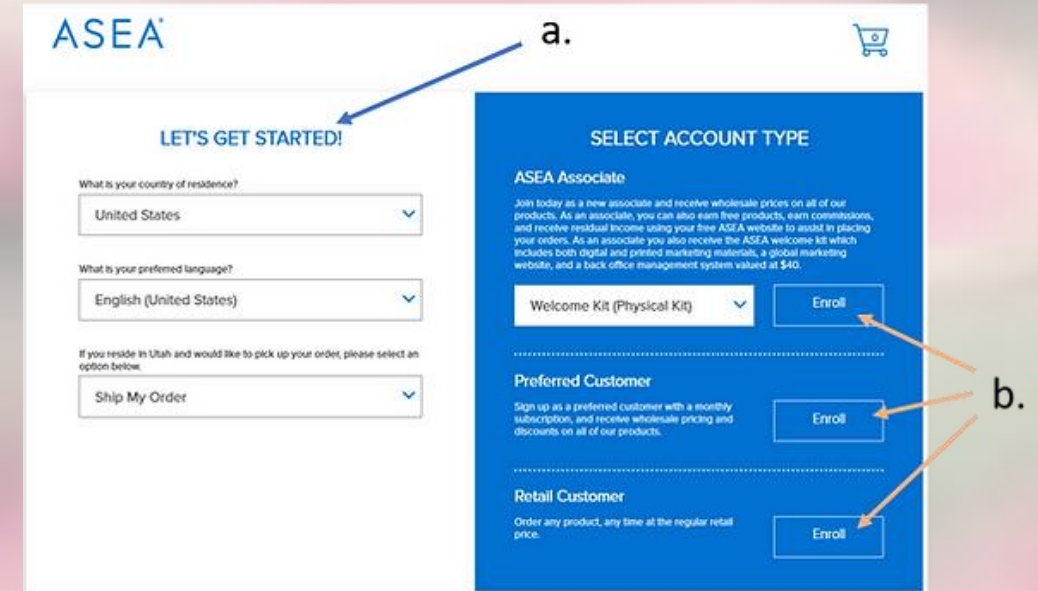
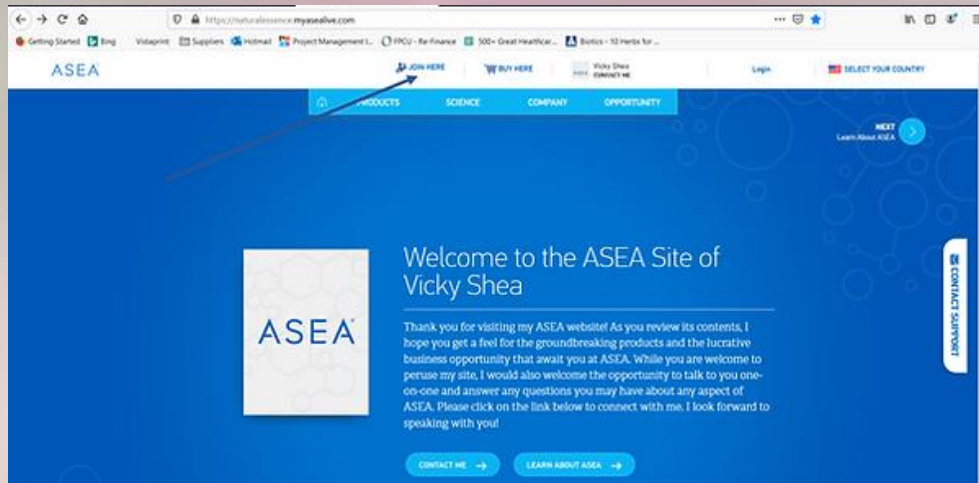
After extensive research and laboratory testing, the breakthrough came. The product that would come to be protected by multiple patents now not only contained active redox signaling molecules, they were shelf-stable and could be taken to the masses. Just by existing, this new product had created an entirely new category in health and wellness.



SIGN UP FOR A WHOLESALE OPPORTUNITY

1. Go To <https://naturalessence.myasealive.com>

2. Click On: “Join Here”



3. Make your selections in the “Let’s Get Started” section (a.) and then “Select an Account Type”

- Make your selections in the “Let’s Get Started” section
- Select Account Type by clicking the specified “Enroll” button as follows:

ASEA Associate

Start an ASEA Business of your own and begin enjoying not only the benefit of purchasing as wholesale prices, but also managing your own business selling ASEA products.

Requires the purchase of an Enrollment Pack and Monthly Subscription.

Preferred Customer

Allows you to purchase ASEA products at wholesale prices.

Requires a Monthly Subscription.

Retail Customer

Enables you to purchase ASEA products at regular retail prices.

4) Follow the step-by-step instructions to complete your sign-up process...Congratulations!



At GIA, we always start with the basics.

We're inspired by the simple idea that the foundations of wellness can, and should be, better. When you take hydration, nourishment, and energy, and combine them with years of researching, testing, and fine-tuning the best ingredients and biotechnologies, you end up with some seriously elevated products. The kind that optimizes every area of your life, starting with the foundations. And that's our promise – wellness that nourishes you. How you weave those elements of wellness into your life is up to you, and we're with you for every step of the journey.

Technologies:

SFA™

Single File Alignment

SFA takes the naturally chaotic structure of water and converts the alignment of molecules into a long-range single file, making the water three times more hydrating, which in turn supports the body's natural detoxification process. This technology powers our i-H2O Activation System and every liquid GIA product, to ensure our handpicked ingredients are absorbed and used in an optimal way. With SFA the possibilities are endless!

MRET™

Molecular Resonance Effect Technology

Molecular Resonance Technology is a patented noise-field technology that has shown to help reduce wireless radiation absorption. It is specifically designed to help mitigate the energetic effects of exposure to electromagnetic frequencies (EMF).

ERT™

Energy Resonance Technology

Specific types of energetic frequencies elicit targeted results. By harnessing and applying very specific subtle energies through our proprietary Energy Resonance Technology, each GIA product carries with it these frequencies that enhance their respective effectiveness. With research findings from both Eastern & Western medicine in our corner, ERT is a life-science technology standout.

SIGN UP FOR A WHOLESALE OPPORTUNITY

There are two types of sign up opportunities: *Preferred Customer* and *Consultant*. Once on the website click Join Us and choose the type of membership you would prefer. Below is additional information on the two options:

Preferred Customer

20% off Always.

Once you sign-up as a Preferred Customer you will enjoy 20% off retail pricing every time you shop for a year. Even when there is a promotion going on, your 20% off discount still applies. When we say every order, we mean it!

Get Your Favorites Monthly

For an additional 10% off you have the ability to sign up for monthly automatic reorder (ARO)! What is ARO you ask? For an additional 10% off all GIA products, you can have your favorite products shipped to you every month! Want to switch it up and try new products on your ARO? Yes, you can switch up the products you receive at any time!

Exclusive Offers

Exclusive offers just for Preferred Customers! You will receive exclusive deals delivered right to your inbox!

Consultant

A Wellness Consultant is someone who is excited about redefining wellness with the GIA solutions, and who wants to share “Inspired Wellness” with others. They are entrepreneurs who want to build a business by generating income by sharing GIA products with others and/or building a GIA team of like-minded Consultants.

Business Growth

As a GIA Wellness Consultant/Affiliate, you have plenty of resources to help advance your knowledge of entrepreneurship, relationship building, and how to best serve your GIA Wellness customers and your teammates. With GIA University <https://giauniversity.com/> you have access to hundreds of business/product documents, videos, training modules, and much more – all conveniently at your fingertips. We know that at times, learning a new business, new products, and new compensation plan can feel like a LOT! This is why we strive to make all that as easy as possible, and as fun as possible for you as you grow – at your own pace. With live webinars and your own senior business partners, every GIA Wellness Consultant/Affiliate can enjoy independence, while also staying connected to a community devoted to helping consistently helping each other.

NaturalEssence



Health & Wellness



Skin Nourishment - Golden Essence

Cleanse, nourish, and rebuild your skin with a powerful blend of natural ingredients.

At Natural Essence Health & Wellness we believe that what you put on your skin should be as healthy as the food you eat. That is why our skin care line has only the best ingredients, capable of nourishing any skin type. ***

Natural Hand Sanitizer

This Natural Essence all-natural hand sanitizer has all you need to keep your hands clean and well sanitized with the best of essential oils, along with what is needed to keep your hands moisturized and well hydrated. There is no need for alcohol in these hand sanitizers running the risk of drying out the skin and giving bacteria room to seep through.

Natural Essence uses beautiful cobalt-blue glass containers to protect and preserve the aromatic and therapeutic qualities of the essential oils while truly making this 100% BPA free.



Natural All-Purpose Cleaner

Formulated with the best hand-picked ingredients Natural Essence uses all-natural products to create a concentrated and versatile solution that can rid any surface of dirt, grime, and bacteria.

Natural Essence uses beautiful cobalt-blue glass containers to protect and preserve the aromatic and therapeutic qualities of the essential oils while truly making this 100% BPA free.



Vicky Shea, CNHP

Certified Natural Health Professional
Digestive Health Specialist

Vicky Shea is a seasoned and accomplished professional with over two decades of experience and a strong dedication to holistic health and healing. As a Certified Natural Health Professional, she has earned multiple certifications in holistic wellness, leveraging her extensive knowledge and expertise to establish her own holistic practice. Vicky's services focus on optimizing emotional, nutritional, and physical health, targeting various body imbalances in the body to foster comprehensive health and vitality.

A graduate of La Verne University with a Bachelor of Science Degree in Business Management and Data Analysis, Vicky's educational foundation in these fields provides her with a unique perspective on integrating technology and holistic approaches to achieve optimal wellness.

Following her studies, Vicky embarked on an exciting career journey in the Space Shuttle Program, working in engineering with a specialization in data analysis. Her sharp analytical skills and meticulous attention to detail allowed her to make valuable contributions to the program. However, Vicky's true passion lies in helping individuals attain holistic wellness.



Vicky firmly believes that true well-being encompasses all aspects of a person's life, which includes their emotions, nutrition, and physical health. Her holistic approach combines evidence-based techniques with ancient wisdom, aiming to restore balance and harmony to individuals seeking a healthier lifestyle. Through personalized consultations, services, and treatments, Vicky leads her clients on a transformative journey towards achieving their peak health and vitality.

Vicky's approach to health and wellness is rooted in the belief that the mind, body, and spirit are interconnected and must be nurtured holistically. She is dedicated to guiding individuals on their personal wellness journeys, helping them achieve optimal health and vitality through natural and sustainable methods.

In her practice, Vicky offers a wide range of services tailored to address specific needs in emotional, nutritional, and physical health. Whether it's supporting clients in managing stress or designing personalized nutrition plans, Vicky's expertise and genuine care empower individuals to take charge of their health and live their lives to the fullest.

With her warm and empathetic nature, Vicky creates a safe and supportive environment for her clients. She listens attentively to their concerns, tailoring her recommendations to suit their unique needs and goals. Her goal is to empower individuals to make informed decisions about their health, equipping them with the knowledge and tools necessary to live a balanced and fulfilling life.

With her multidisciplinary background, unwavering dedication, and extensive training, Vicky is committed to making a meaningful difference in the lives of others. Through her holistic business, she continues to inspire individuals to embrace holistic wellness as a path to achieving vitality, balance, and lasting health and happiness.

Let's get you started on a new path to Wellness!

Complete the form on our website, and we will arrange a time to discuss how we can work together to improve your health...

www.naturalescencehealthandwellness.com



Vicky Shea, CNHP

Certified Natural Health Professional
Digestive Health Specialist

Certifications

Certified Natural Health Professional (CNHP) (www.cnhp.org)
Certified Lymphologist (IAL) (www.ial.org)
Loomis Digestive Health Specialist (www.loomisenzymes.com)
Certified ZYTO Specialist (www.zyto.com)
Applied Kinesiology (www.kinesiologyinstitute.com)
Certified Reiki Master Levels I, II, III (www.stormcolehhp.com)

Areas of Practice

Lymphatic Cleansing
Digestive Health & Enzymes
Applied Kinesiology
Nutrition
Reiki
B.E.S.T. Nutrition Success
Herbology
Iridology

Sclerology
Clinical Aromatherapy
Functional Blood Analysis
Face, Tongue, and Nail Analysis
Reflexology
Energy Medicine
Hand Acupuncture
Parasitology

Blood Chemistry
Functional Blood Analysis
Dried Blood Cell Analysis
Homeopathy
Functional Endocrinology
Emotional Healing - Tapping

