

## *Notes from Nicki*



I feel that no one deserves to suffer! Being helped with health issues should not be filled with guilt, shame, blame and all the other negative adjectives that can be associated with obtaining wellness. I personally have been through a nightmare of health battles when I was younger. It was awful to be judged, looked down upon, guilted that I created the issues, treated like cattle going to slaughter, given no explanation (reasonable/or logical) of what was happening, and only having negative feedback with no hope of surviving.

Gratefully I have overcome, conquered and accepted that in which cannot be mended. Words cannot express the great frustration and mental anguish of being ill and not having support. Being brought up with the belief that the medical world has all the answers, it was extremely disappointing to discover that is not true. The reality is that no one person or entity has all the answers. I found that the only way to survive was to take charge of my own health and put my faith in God and myself. If something did not feel right to me, I did not do it. Fortunately, my intuition-gut was right.

It is very important to me that we assist people in becoming the best they can in their whole health. Positive attitude and environment can improve ANY situation. Spiritual, Mental, Physical, and Emotional, all four aspects make a person who they are. I want to help people find that balance which allows for them to shine, soar and accept that which cannot be changed. I know, I cannot change the whole world, but in my little corner illness, disease, ailments and suffering are not acceptable. I will improve as many people's lives as possible to make a difference in the world as a whole.

If I cannot help, I will tell you. If you are not up for the challenge, I expect you to be honest with me as well. I want to be your team mate and coach - but you have to work hard to achieve your goals. I cannot do it for you. Perfection is not expected. No one is perfect. We are all human, and can fall and scrape our knees or prides. I will be there to pick you back up to start again.

My objective is to educate you on your situation, help with solutions, and teach you how to take care of yourself better, so as not to get back into those situations. I want to do it in the least amount of time and fewest appointments. My method is not to just dispense a product and say “take this, it will make you all better, because I say so”. Rather, I say “your immune system is off because of S,T, X, and Z, here is how to improve it, and keep it working”. This does not mean you need to take a product forever - only until your body is able to do it, yourself. Our bodies are self healing-we just need to find out what is hampering it, remove the issue, and allow the body to do its magic (unexplained science). Supplementation for things our body cannot make may be suggested for maintaining your health.

Where there is light, there can be no darkness (ever use a flash light, darkness cannot be seen in the beam of light). This applies across physics (quantum), which is relevant to all racial, spiritual, and religious scopes. I want to work **with** you to achieve all that you want out of your life and more! The sky is **not** the limit. I believe anything is possible. With that being said, I will not promise things I cannot deliver, I will always be truthful and honest to what I think. And what I think is not gospel, but **what you think is!** Please take an active role in your health. You only get one YOU. Make it the best **YOU** possible.

Sooo, Are you up for getting healthy?