

Natural Essence Health & Wellness

Pathway to Health – Emotionally, Nutritionally, And Physically



Experience the powerful detoxification of your lymphatic system, assisting in the purification of your cells, resulting 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 coach; 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.

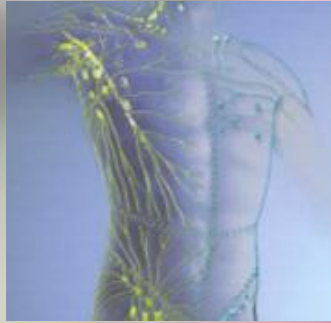
Discover a comprehensive range of wellness services tailored to enhance your health. Vicky's dedicated services target emotional, nutritional, and physical imbalances, working towards restoring equilibrium in the body.

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

Services

Lymphatic Cleanse

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.)

60 minutes - \$120

90 minutes - \$175

120 minutes - \$215

Breast Lymphatic Drainage

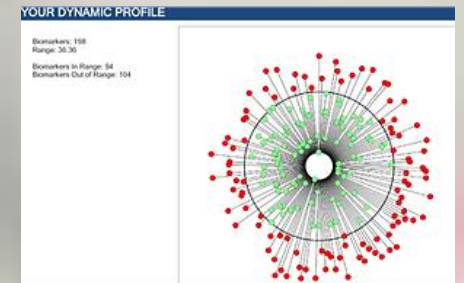
Allows you to potentially detect any irregularities in breast tissue. Also aids in making sure toxins in the lymphatic system are exiting the body and stimulates the secretion of powerful anti-aging hormones such as prolactin, oxytocin, and estrogen.

Benefits: Improves lymphatic circulation, reduces breast tenderness, enhances breast health, encourages relaxation, facilitates breastfeeding, promotes self-awareness.

30 minutes - \$60

Health Screening Analysis

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



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.

Personalized full Health Assessment 50+ page customized report is provided which includes *Wellness, Immunity, Teeth, Organs, Vertebrae, TCM Meridian*

60 - 90 minutes - \$75
(Follow-up) 45 – 60 minutes - \$50



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
- Emotional Healing
- Physical Healing
- Energy Balancing
- Enhanced Meditation and Mindfulness
- Promotion of Spiritual Growth
- Protection and Cleansing
- Support for Manifestation and Intention Setting



60 minutes - \$80



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
- Pain relief
- Improved Emotional Well-being
- Enhanced Energy Levels
- Support for Healing
- Boosted Immune Function
- Spiritual Growth
- Holistic Wellness



60 Minutes - \$100

Emotional Healing and Stress Relief

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

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

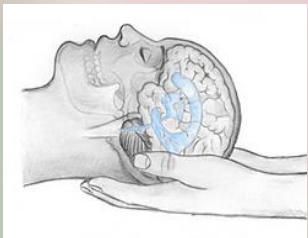
60 minutes - \$80

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
- Enhanced Brain Health
- Stress Reduction
- Improved Mood
- General Well-being



30 minutes - \$60

Cellular Detox/Sauna

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



60 minutes - \$40



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.



Infrared Tools Utilized:

ENE0 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.

ENE0 BLU:

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

Pigmentation - Green light technology assists in balancing melanin levels.

ENE0 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 - \$75**



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, Alaskan Gem Elixirs, Schuessler Salts, Homeopathy, Stimulation, Bioenergetic Defense/Harmony/Support/Visualization, Deep Cycle, Digital Nutrition, Power of Three, I-Ching, Aura. Includes individualized reports.

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.



60 minutes - \$75

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.

Download Acid & Alkaline Foods Chart on our website.

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

BIA Test, Report & Consult

Bio Impedance Analysis (BIA)

Know the health of your cells, Phase Angle (aging stress of cells), Body Fat, Muscle Mass, Metabolic Rate, Body Mass Index, Body cell Mass, Extracellular Cell Mass, Resistance, Reactance, Total Body Water, and Water Compartments.

60 Minutes - \$75

Blood Test Results Report & Consult

Learn what your blood test results could mean functionally, what they relay about your organs, and how they can be used to improve your health.

60 Minutes - \$75

Blood Type Test (ABO Rh Typing)

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
- Enhancer energy Levels
- Weight Management
- Improved Immune Function
- Reduced Risk of Chronic Disease
- Better Nutrient Utilization
- Increased Overall Well-being

45 minutes ~ 1 hour - \$45

Products



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.



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.

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.



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.



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.



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.



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.



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.



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.



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.



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.



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.

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.



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.

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.

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

www.naturalessencehealthandwellness.com

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



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

