



6 Phrases For Your Website

Even though much of the time we want our only job to be working with clients, it is part of our responsibility to be going out and reaching new clients...

So whether that is on social media, give lunchtime talks, or doing a podcast, it's important that people can find you to learn more about your services

And, when they arrive at your website you want to be able to differentiate yourself from others as to what exactly it is that you do and how you can help...

Please see below for the 6 phrases to put on your website for clients to see.

First, Do No Harm

The Hippocratic Oath encompasses the commitment "to refrain from inflicting harm". We facilitate the body's innate healing systems by employing techniques and approaches that are only aimed at gently returning the body to state of abundant health.

Health Coach as Educator

The initial definition of the term "doctor" was that of a teacher. And as a Health Coach I instruct and enable my wellness clients to improve their overall health by teaching them the lifestyle practice such as diet, exercise, stress reduction, sleep, supplementation, and many more that enable them to heal.

Determine the Underlying Root Cause

Every dis-ease of the body or mind has an underlying root cause. Once found, it can be rebalanced so that the body can then begin to repair, rebalance, and rejuvenate on its way back to health and vitality.

Address the Entire Person

Your story matters. I will take the time to listen to what you are struggling with as well as help you with any symptoms you may be feeling. We will get to the bottom of what the root causes are and address those so you can finally begin to heal.

The Restorative Power of Nature

Our natural state is one of health, and when in good health, we exist in harmony with nature's processes. My job as a practitioner is to provide your body with the nutrient and protocols it needs to begin to heal itself.

Prevention

After we have helped you with the healing process, or ideally before you even get imbalanced, we want to ensure your body does not have any deficiencies or toxicities so that you can enjoy the abundant health, vitality, and happiness you deserve.