



Collectiv[e]lements

Health Philosophy

Awareness

Stop. Just stop for a moment. Turn off all noise. Be still. Breathe deeply. Right down into your belly. Sense your body. Is there tension in the jaw, tightness in the shoulders, bloating in the abdomen, hunger or thirst, fatigue or energy? Awareness is the beginning and you are the only one who can be aware of how your body is actually feeling.

Balance

Let's be realistic, no matter how healthily we strive to live there are multiple stressors in our daily lives that can throw the body out of balance. If we are aware of them and how our body reacts to them, we can address them as soon as possible to prevent ongoing imbalances leading to chronic disease.

Consistency

It's the small things practiced consistently and compounded over time that create lasting results. Are your daily habits taking you in the direction you would like to go?

Dietary Dogma

It is everywhere you look. Different people with different training and experience telling you what to eat and what not to eat for optimal health. I will not join them. I will work with you to help you discover the foods that will nourish your body allowing it to detoxify and regenerate as it is so capable of doing.

Energy

We all want more energy. Yet according to the first law of thermodynamics Everything Is Energy. Energy is neither created nor destroyed; it simply changes from one form to another. Learn how to nourish your body with foods that are easily digested, metabolised, assimilated and eliminated creating optimal energy transfer.

Flow

A vital, healthy organism is one where there is flow on a physical and energetic level. Learn what is creating blockages of flow in your body and how to release them.