



- Holistic Health

Health is often viewed as a physical component in the Western World, so it can be difficult for people to find remedies that heal them for longterm. However, I enjoy studying Chinese Medicine in which their approach to health focuses on the physical, emotional, mental, and spiritual aspect of an individual. According to Chinese Medicine, Qi is the energy that sustains all life. As humans, we are most healthy when this energy is in balance.

Herbal Medicine has been around for more than 60,000 years. Unfortunately, the knowledge of herbs is continuing to diminish over the years. People often take prescription meds or over the counter meds such as Advil when they're in pain. While this isn't a bad thing especially if the pain is chronic, a more Holistic approach would be to use herbs. Many people shy away from herbs because they don't give them the quick fix Advil or pain meds do. However, when paired with other techniques that focuses on the physical, emotional, mental, and spiritual aspects of an individual, you can find a remedy that gives them longterm health, wholeness, and happiness.

I enjoy learning about herbs and the way in which they can heal an individual. There are herbs for nearly every ailment in one's body from stomach bloat to anxiety.



- Youth Empowerment

I love working with kids and encouraging them. The pressure put on younger generations be "successful" is increasing more and more in the modern world, so I think this generation needs a lot more love and encouragement than they are given at times. This will only lead them to have positive self image – you can't do much in life if you don't have belief in yourself first. The younger generation will someday run the world, so it is important they have sound views on themselves.

- Beaches, Boating, Surfing, Running, Playing Cards



In my free time, if I could do anything