

The Evolving Spirit

Nourish

Flourish

Think

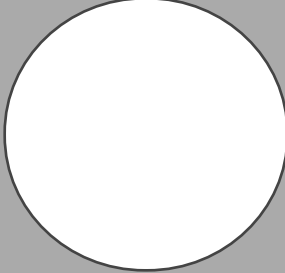
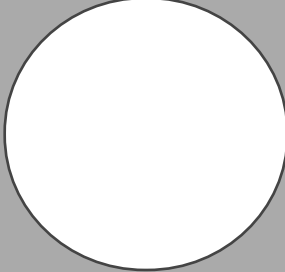
Express

Act

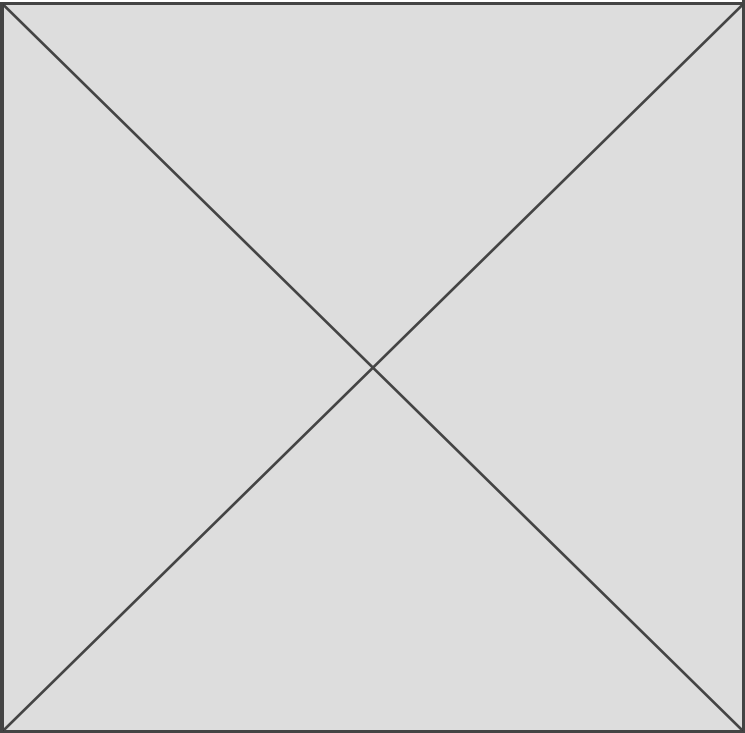
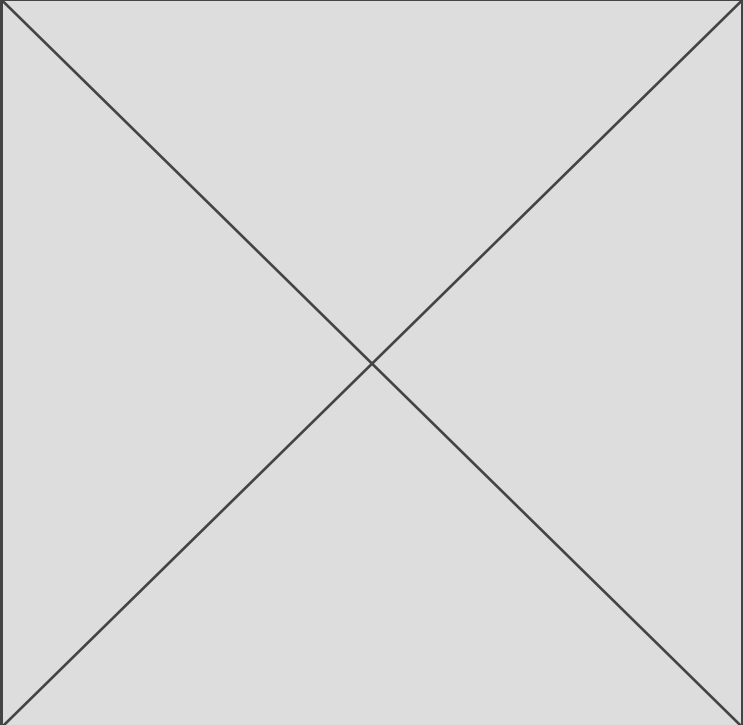
Recommended Reading

EM = Energy Medicine

Well & Good blog



Real Food recipes



Testimonials

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I'd love to hear from you!