



## *HOLISTIC MOTHERHOOD* *WELLNESS*



EMPOWERING WOMEN IN PRECONCEPTION,  
PREGNANCY, AND POSTPARTUM TO  
UNDERSTAND THEIR BODIES, SIMPLIFY  
WELLNESS, + CREATE A HEALTHY HOME  
FOR THEMSELVES AND THEIR FAMILIES.

*intentional. simple. holistic.*



# HI! I'm ALICIA...

nurse practitioner | wellness mentor | mom

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If you're preparing for pregnancy, newly postpartum, or somewhere in between—and you're craving a more intentional, low-tox lifestyle to support your energy, hormones, and home—you're in the right place.

I help women in Kentucky connect the dots between their hormones, energy, and environment so they can move into motherhood feeling balanced, nourished, and confident.

Through HTMA functional testing, personalized coaching, and intentional daily habits, we'll uncover what your body truly needs to thrive — before, during, and after baby.

**Let's chat and take the first step toward intentional, lasting wellness.**

## WHO I HELP...

KENTUCKY WOMEN READY TO APPROACH HEALTH + MOTHERHOOD DIFFERENTLY — WITH CLARITY, CONFIDENCE, & INTENTION

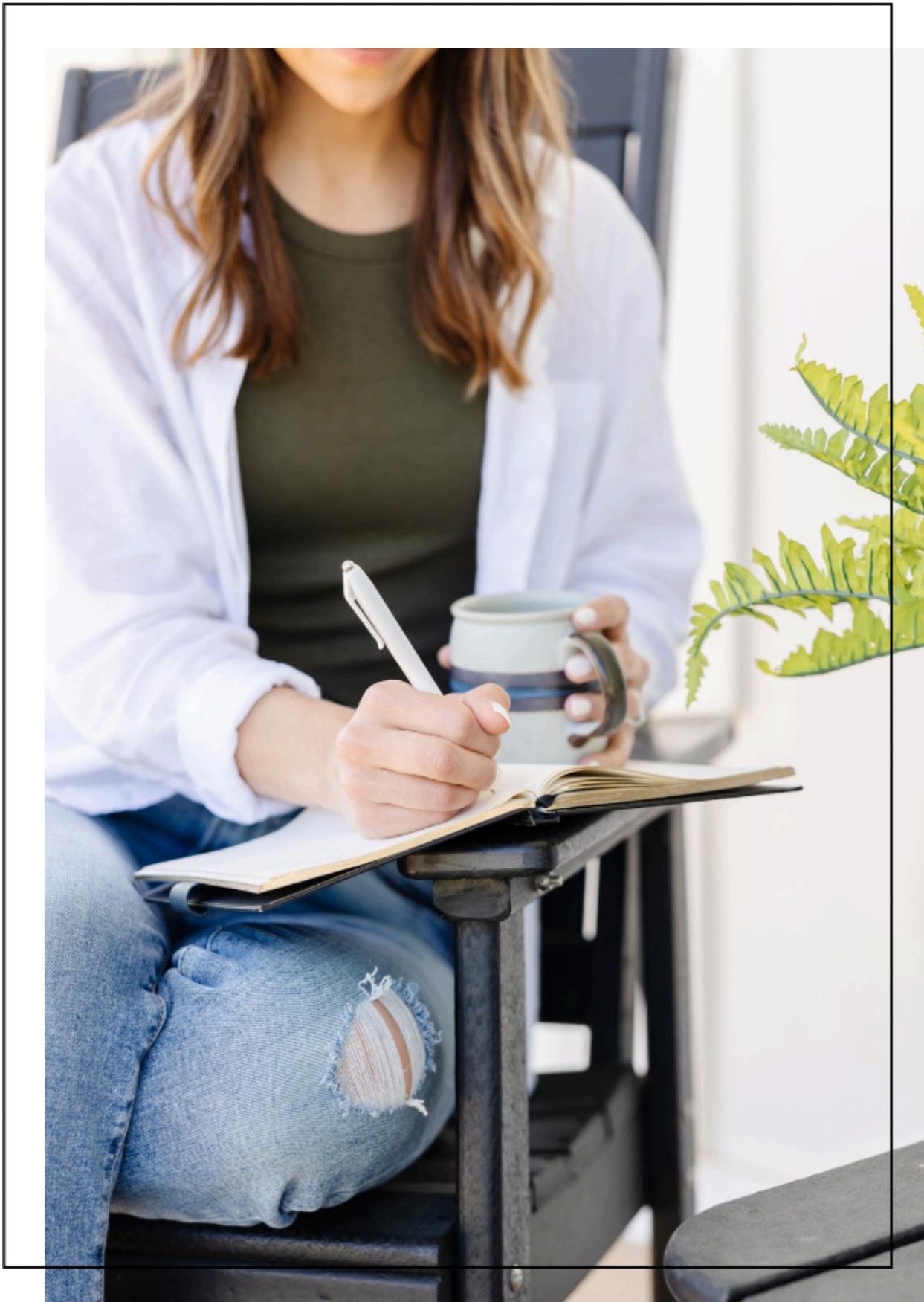
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Maybe you're...

- Preparing your body for conception and want to support fertility and egg quality naturally
- Pregnant and seeking more support in nutrition, mindfulness for birth, or low-tox home prep
- Postpartum and trying to feel like yourself again — physically, mentally, and hormonally
- Or building a low-tox home to support your whole family's long-term wellness

You've done the research. You're already making thoughtful choices.

Now, you're ready for a personalized plan that aligns with your body and supports your home — not another quick fix.



# *Services*

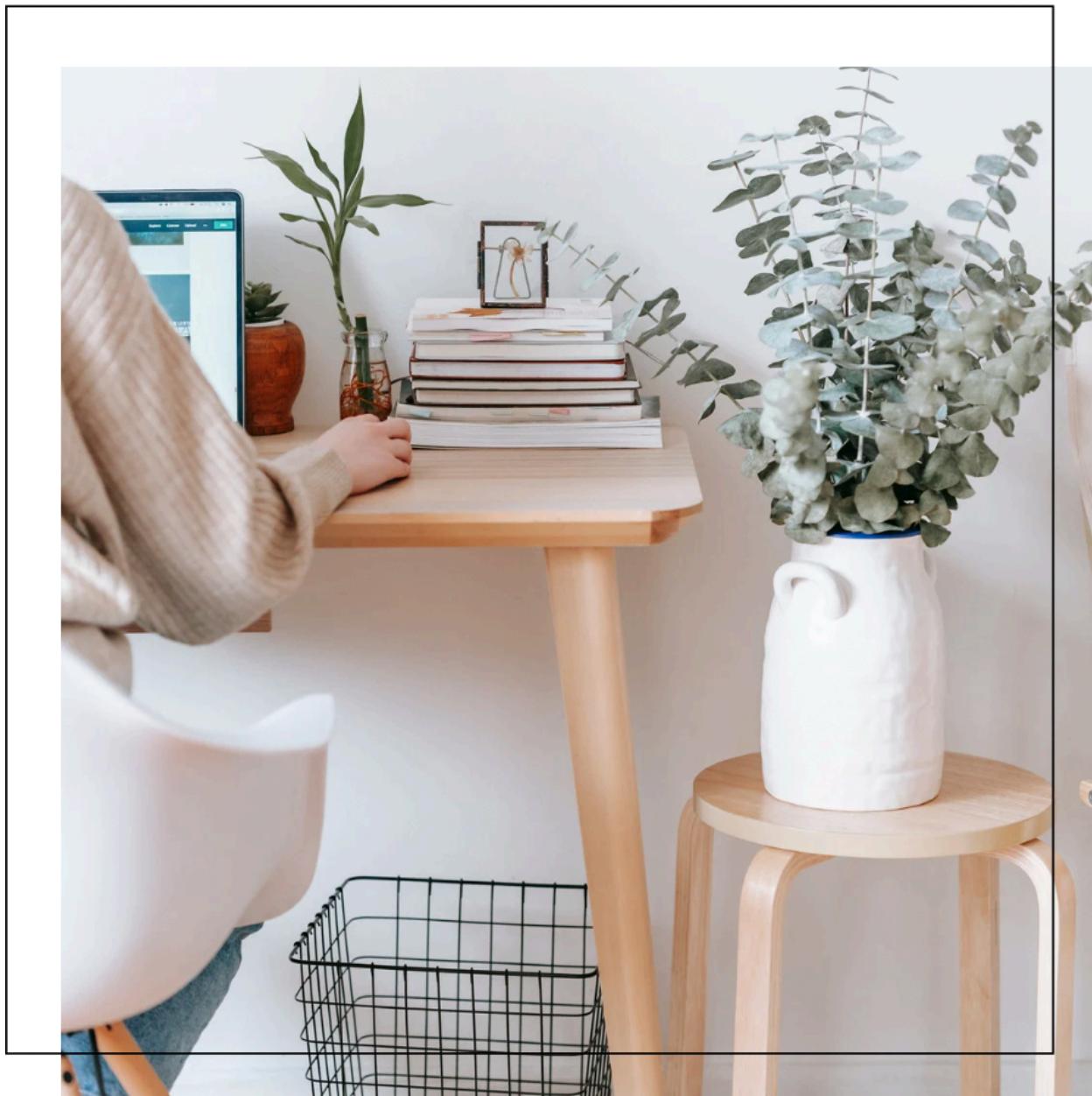
## HOW I CAN HELP YOU:



1:1 WELLNESS CONSULTING

A personalized patient-provider partnership dedicated to supporting hormone health, optimizing energy levels, and creating the foundation for lifelong wellness — from preconception to postpartum recovery.

Packages includes education, personalized lab testing (including mineral analysis), supplement and nutrition guidance, and simple daily shifts to support your body naturally. I'll also provide low-tox home support where we'll simplify the process of reducing toxins in your home — from water, cookware, and cleaning products to baby essentials — without fear or overwhelm.



## Functional Lab Review

Told by your provider that all your labs are "normal"?

Gain clarity and personalized insight through a step-by-step review of your labs. We'll uncover patterns often missed in conventional testing and discuss what your results mean from a functional perspective.

*Note: This is an educational review of your data to guide lifestyle changes, not a medical diagnosis.*



## Hair Tissue Mineral Analysis

Uncover mineral patterns and environmental factors that may be impacting your hormone health, energy, and conception goals.

## IS THIS YOU?

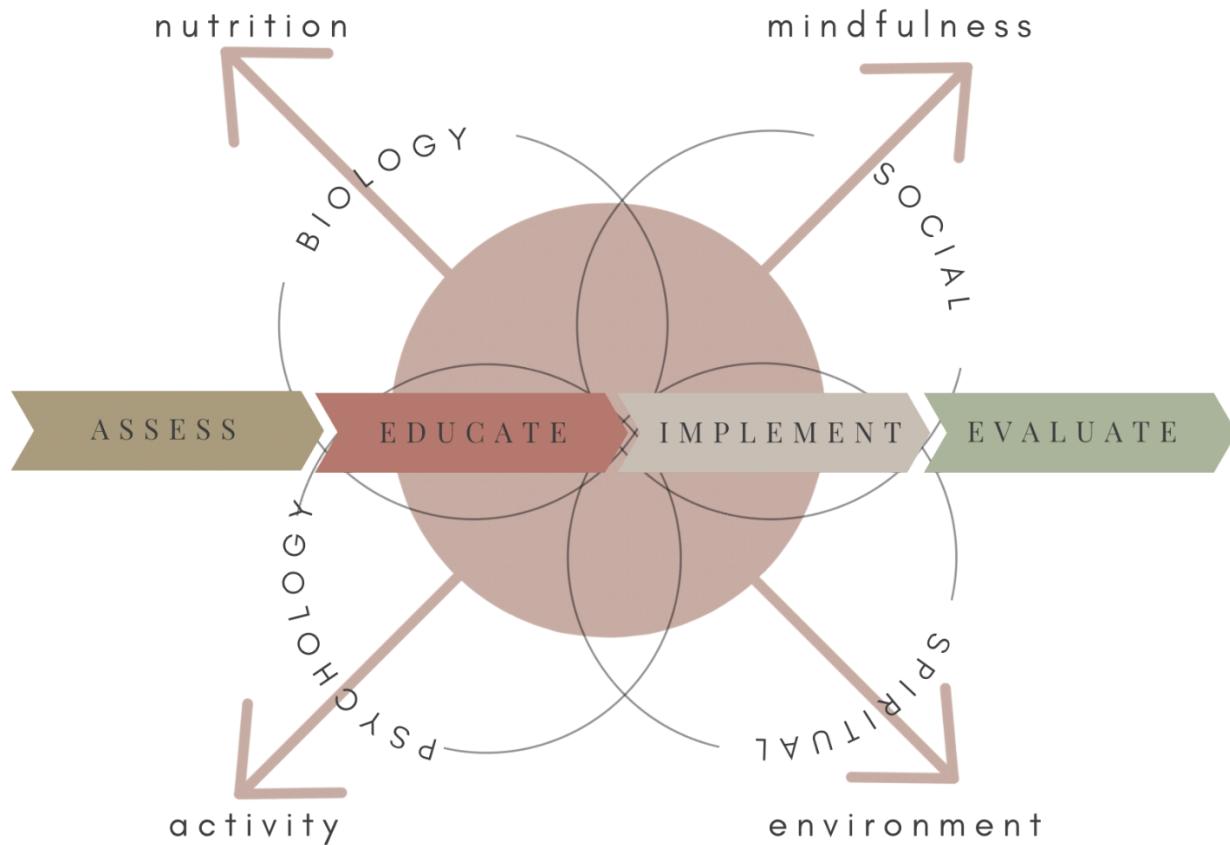
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**YOU'RE NOT ALONE!**



YOU DESERVE TO FEEL CLEAR, CAPABLE, AND SUPPORTED — NOT CONFUSED BY CONFLICTING ADVICE.

# The Process



Your wellness journey is about progress, not perfection.

Through *The Intention Process*, we focus on long-term change and support for every stage of motherhood.

## Phase 1: Foundations

We begin with your body's basics — blood sugar balance, gut health, nervous system regulation, and daily rhythm.

Optional HTMA or lab review helps us identify root causes like nutrient depletion or toxin burden.

## Phase 2: Personalized Support

With additional labs as needed, we create a full mineral protocol and targeted nutrition, supplement, and lifestyle plan tailored to your goals in preconception, pregnancy, or postpartum.

## Phase 3: Detox & Family Wellness

We lighten the load on your body by reducing environmental toxins, supporting gentle detox pathways, and creating sustainable, low-tox routines for long-term family wellness.

Let's build a plan that helps you thrive through every phase of motherhood — and create a home that supports your family's wellness for years to come.

**Book a Free 20-Minute Call**

We'll talk through your goals, current habits, and how functional testing and intentional living can help you feel more like you again.



about

Motherhood transformed how I view women's health. I founded Intention Holistic Health to help women prepare for pregnancy, thrive through it, and heal postpartum — all while creating a low-tox home that nurtures the whole family.



Discover how to support clear skin, maintain a healthy weight, promote cycle regularity, and improve sleep quality while also creating a healthier environment for your family with intentional, simple changes that are sustainable.

The screenshot shows the homepage of the intention Holistic Health website. At the top left is the logo 'intention' with 'HOLISTIC HEALTH' underneath. At the top right is a 'Menu ▾' button. The main title 'BLOG' is centered over a background image of a white mug of tea, a white envelope, and some green leaves. Below the title is the subtitle 'EQUIP YOURSELF WITH KNOWLEDGE'. On the left side, there are two small images: one of a glass bottle with a striped straw and another of a landscape at sunset. On the right side, there is a search bar with a magnifying glass icon and the placeholder 'Search...', a 'CATEGORIES' dropdown menu set to 'All Categories', and social media links for Facebook, Instagram, and Pinterest under 'FOLLOW US'.

intention  
HOLISTIC HEALTH

Menu ▾

# BLOG

EQUIP YOURSELF WITH KNOWLEDGE

QUENCH YOUR THIRST:

DEMYSTIFYING PCOS:

blog

Experience Intention Holistic Health through blogs featuring practical tips to balance hormones, PCOS education, and simplification strategies for your wellness journey.

INTENTION HOLISTIC HEALTH, PLLC. PROVIDES FUNCTIONAL HEALTH CONSULTING AND NURSE PRACTITIONER-LED WELLNESS SERVICES EXCLUSIVELY TO KENTUCKY RESIDENTS.

WHILE ALICIA IS A LICENSED NURSE PRACTITIONER, THESE SERVICES ARE FOR SPECIALIZED FUNCTIONAL HEALTH SUPPORT AND DO NOT REPLACE YOUR RELATIONSHIP WITH A PRIMARY CARE PHYSICIANS.

CLINICAL NP SERVICES REQUIRE A FORMAL PROVIDER-PATIENT RELATIONSHIP AND ARE NOT A SUBSTITUTE FOR PRIMARY CARE, EMERGENCY CARE, MENTAL HEALTH TREATMENT, OR OB/GYN MEDICAL MANAGEMENT. PRECONCEPTION, PREGNANCY, AND POSTPARTUM SUPPORT PROVIDED HERE IS EDUCATIONAL AND DOES NOT REPLACE PRENATAL OR POSTPARTUM MEDICAL CARE.

WE DO NOT PROVIDE ACUTE CARE, EMERGENCY SERVICES, OR MANAGEMENT OF CHRONIC PHARMACEUTICAL PRESCRIPTIONS.

ALL LAB REVIEWS AND PROTOCOLS ARE FOCUSED ON HOLISTIC AND FUNCTIONAL OPTIMIZATION.

ALL CLIENTS SHOULD MAINTAIN CARE WITH THEIR PRIMARY CARE PROVIDER AND OBSTETRIC/MIDWIFERY TEAM.



I N T E N T I O N



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*intention*

HOLISTIC HEALTH

## *About Alicia*

I AM A NURSE PRACTITIONER, MOM & WELLNESS MENTOR, PASSIONATE ABOUT SUPPORTING WOMEN BEFORE, DURING, AND AFTER PREGNANCY TO CREATE HEALTH THAT LASTS FOR GENERATIONS.

MY MISSION IS TO HELP WOMEN THRIVE IN THEIR BODIES, MINDS, & SPIRIT IN THE EARLY STAGES OF MOTHERHOOD.





## Meet Alicia!

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Hi, I'm Alicia—a wife, mama, and board-certified Family Nurse Practitioner. Over the years, both in healthcare and in my own life, I've seen just how many women struggle with feeling "off"—low energy, irregular cycles, skin issues, mood swings—and how overwhelming it can be to navigate it all alone.

Becoming a mom in 2024 deepened my understanding of the complexities women face during preconception, pregnancy, and postpartum. Navigating decisions about nutrition, stress management, sleep, and creating a low-tox home environment became personal missions.

As a nurse practitioner, I help women feel supported, educated, and empowered so healthy habits actually stick—without the overwhelm. Because when women feel good, their whole home benefits.



# A Passion For Holistic Healing

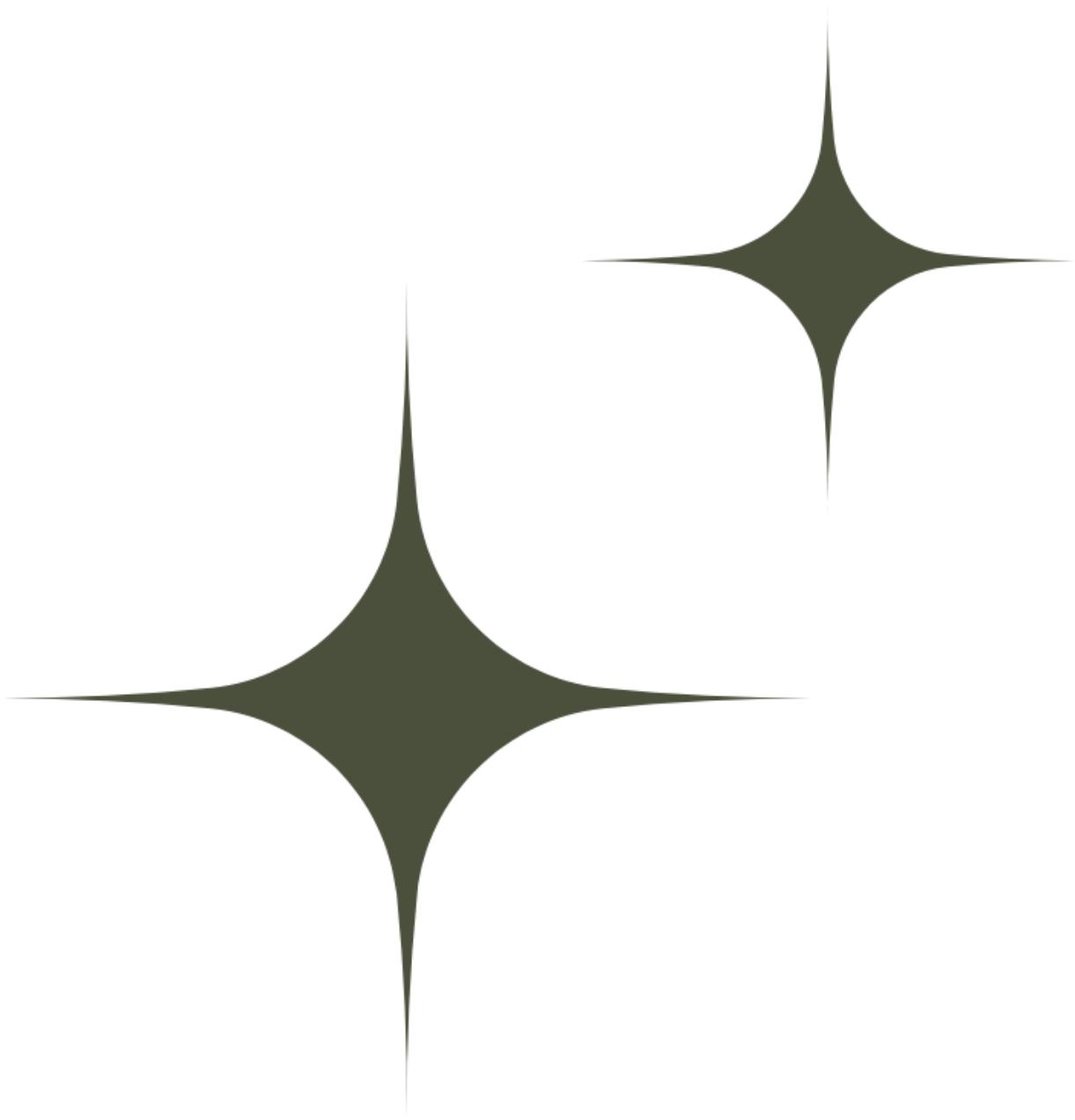
My passion for holistic health started early. I grew up watching my Pappy manage his Parkinson's symptoms and type 2 diabetes through diet and lifestyle. That planted a seed that eventually led me to nursing—and later, functional medicine. After earning my Bachelor's in Nursing, I worked in critical care and felt frustrated seeing so many preventable conditions—and facing my own issues with fatigue, breakouts, and poor sleep. I later learned that hormonal imbalance often starts with deeper metabolic dysfunction—and that real healing happens when we get back to the basics.

## INTENTION HOLISTIC HEALTH WAS BORN...

Intention Holistic Health was created from a desire to go deeper. I wanted a space where women could feel heard, supported, and empowered—not rushed or overlooked. A space to connect the dots between symptoms and root causes, and find real, lasting healing through daily rhythms, nourishment, and non-toxic living.

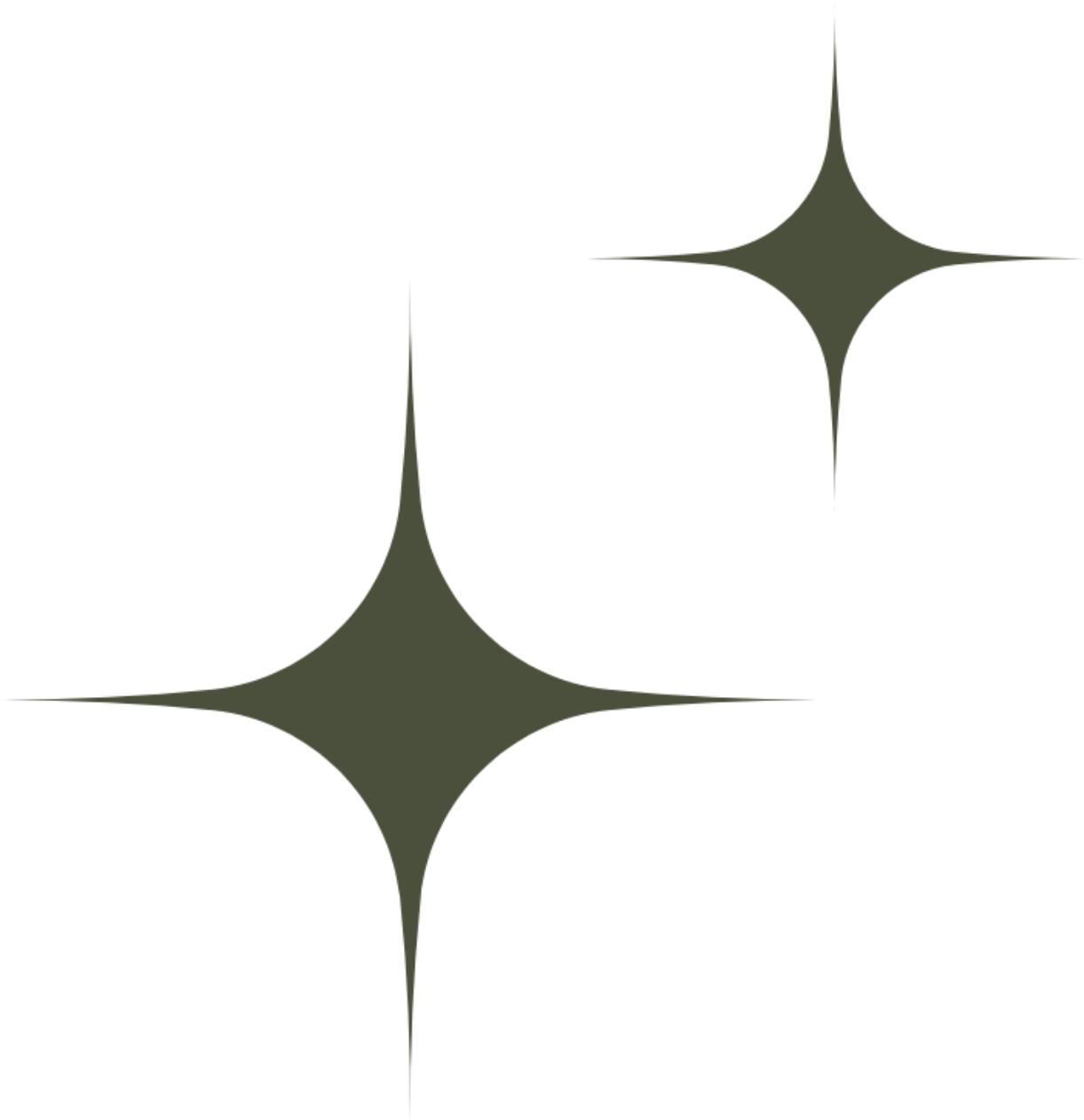
I get to walk alongside women, in conjunction with their primary care, OBGYN or midwife, as they reconnect with their bodies, support hormone balance, and step into vibrant, whole-body wellness—with intention.

*get to know me*  
**FUN FACTS!**



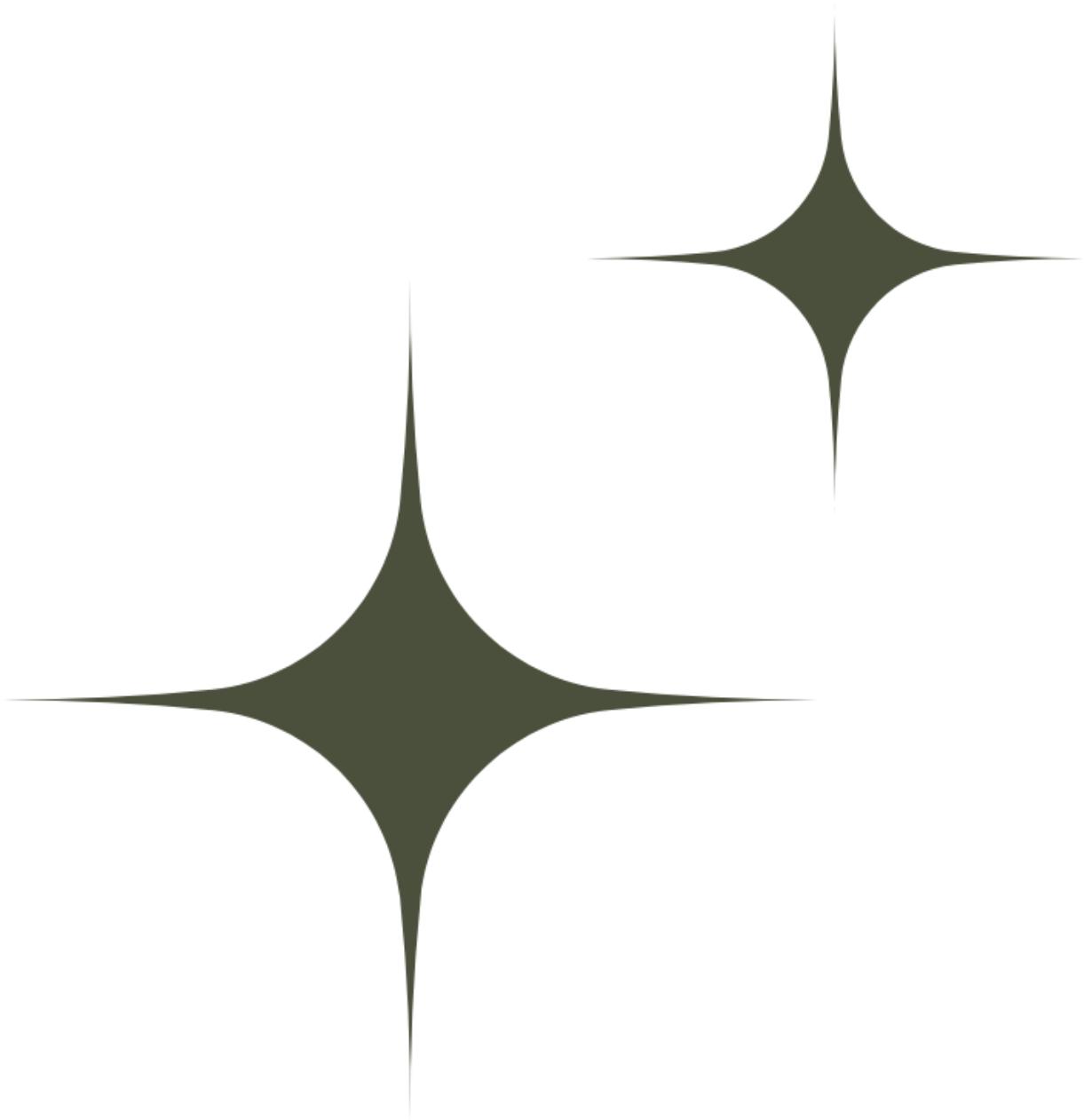
DOG MOM

I have 2 doods named Beckett & Murray



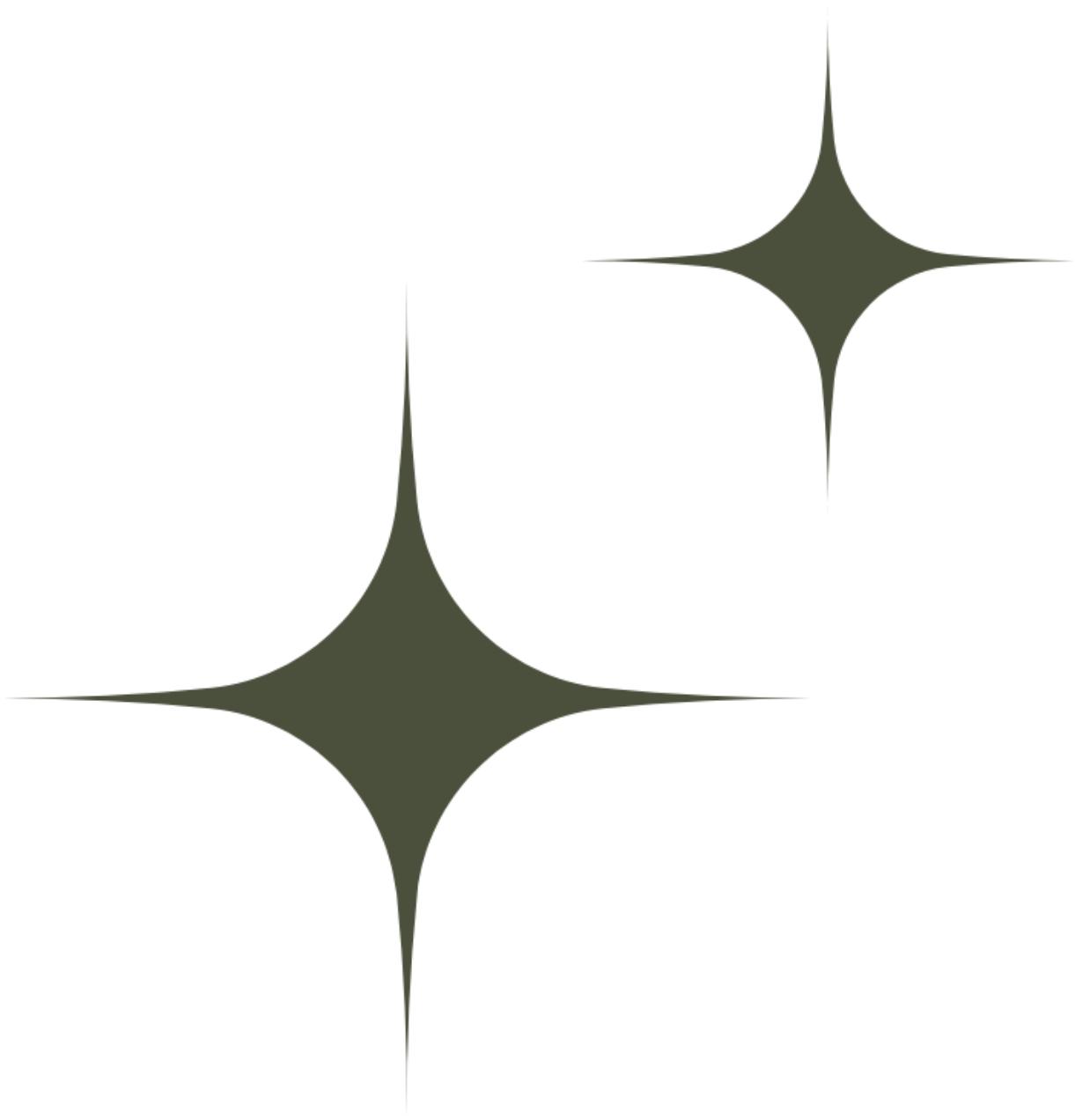
## FAV PLACE

I love the beach and any place sunny & warm



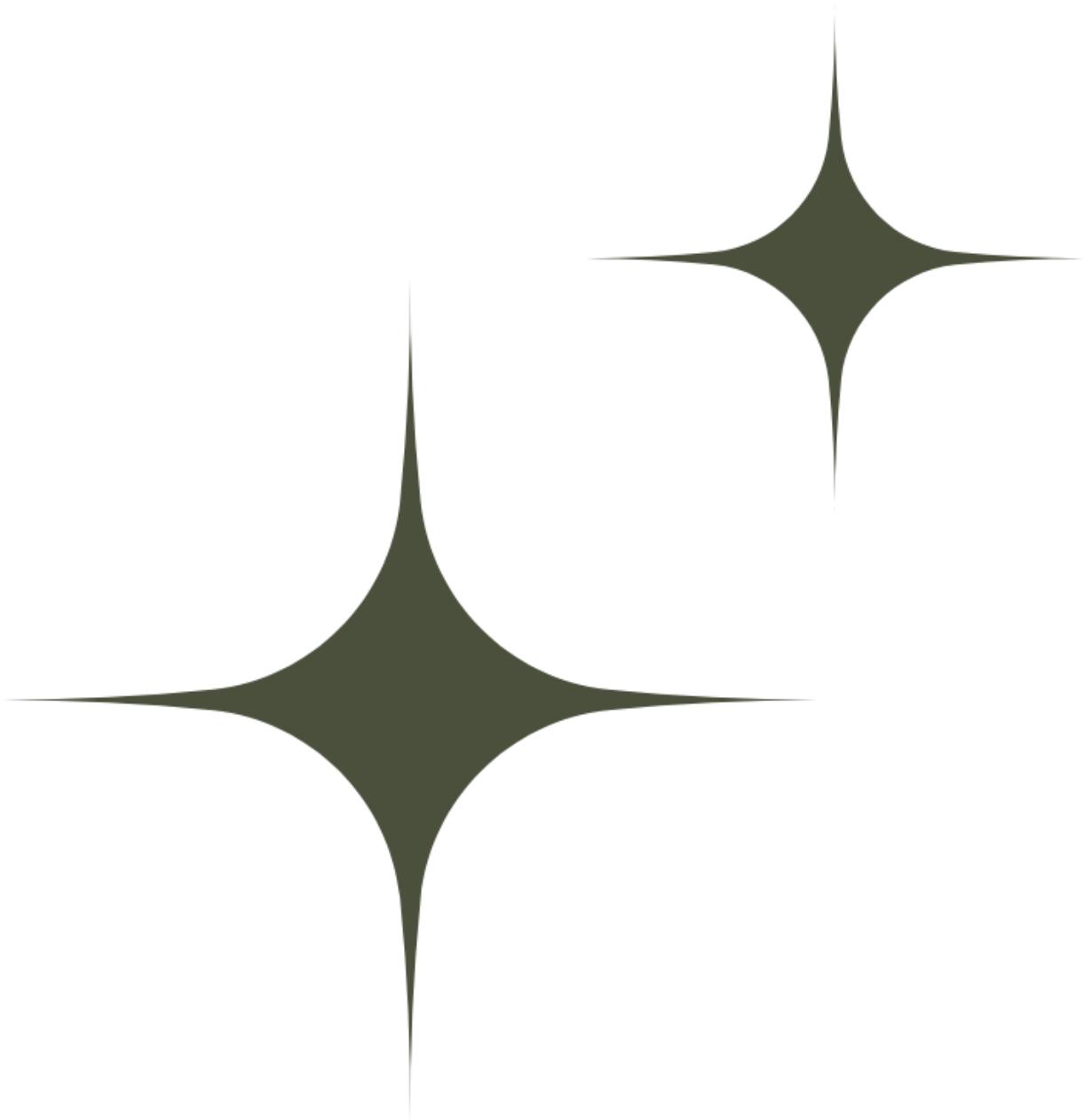
## FAMILY

Married to Kyle James, Mama to Lucas James



## KY ROOTS

Born & raised in KY, transplanted to TX in 2022



COFFEE

My addiction.

Black, no cream, please!



INTENTION



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Powered by



## *Intentional Mama Mentorship:*

Reclaim your energy, support hormone health, and thrive  
from preconception through postpartum.

Empowering women to prepare their bodies for conception, navigate pregnancy with confidence, recover postpartum, and create a low-tox home that supports the whole family.



*Feeling tired, hormonally off, or unsure how to support your body for conception, pregnancy, or postpartum?*

This mentorship is for women ready to stop guessing and start living in balance — building energy, hormone health, and sustainable habits that honor their body and their family.

*But before I get into that, allow me to introduce myself...*



# Hi, I'm Alicia

Hi, I'm Alicia — a nurse practitioner, mom, and holistic wellness consultant. I help women connect the dots between hormones, energy, and environment so they can step into motherhood feeling balanced, nourished, and confident.

I've seen how overwhelming it can be when your body feels "off" — low energy, hormonal fluctuations, sleep struggles, or difficulty recovering postpartum. You shouldn't have to navigate this alone.





When you work with me, you'll uncover what's truly holding your body back — from hormone shifts to mineral imbalances — and receive a personalized plan to support fertility, pregnancy, or postpartum recovery. Through functional testing, lifestyle guidance, and intentional daily habits, we'll build routines and a home environment that support your wellness and your family's long-term health.

# *Services* HOW I CAN HELP YOU:



## INTENTION FOUNDATIONS (COMING SOON)

**Start your journey with balance, clarity, and intention.**

This self-paced course helps women lay the groundwork for hormone harmony and whole-body wellness before, during, or after pregnancy. You'll learn how to create a solid foundation for fertility, a resilient body, and a peaceful home environment that supports your family for years to come.

**What's inside:**

- Guided video modules on nutrition, stress, sleep, and daily rhythms
- A low-tox living roadmap to simplify home and personal care swaps
- Downloadable checklists and habit trackers
- Lifetime access so you can revisit lessons as your needs change

**Duration:** Self-paced, take at your own speed.

**Perfect for you if:**

You're ready to make meaningful lifestyle shifts but don't know where to begin—or you want to prepare your body before investing in deeper functional testing or coaching.



## INTENTION INSIGHT LAB PACKAGE

**Discover what your body is really asking for.**

This package combines functional testing with a personalized plan to help you move forward with confidence. Using the **Hair Tissue Mineral Analysis (HTMA)**, we'll uncover your body's mineral patterns, stress response, and detox capacity—key markers that influence fertility, pregnancy health, and postpartum recovery.

**What's included:**

- HTMA testing kit sent to your home — so we can uncover your unique mineral patterns and stress response. [Click here](#) to learn more about HTMA.
- In-depth intake & functional interpretation — translating results into actionable steps.

- One-on-one session — connect the dots and map next steps for fertility, pregnancy, or postpartum.
- Mini lifestyle, nutrition, and supplement plan tailored to your results.

**Perfect for you if:**

You've been told your labs are "normal," but you still feel off—or you want deeper insight before conception, during pregnancy, or while navigating postpartum changes.

**Cost: \$398**



## INTENTION SIGNATURE MENTORSHIP

### **Whole-body, whole-home support for every season of motherhood.**

This is my most comprehensive 1:1 program for women who are ready for lasting transformation—from preparing for conception through postpartum recovery and beyond. We'll work together to restore balance, support your hormones, and create a low-tox lifestyle that nurtures both you and your family.

#### **What's included:**

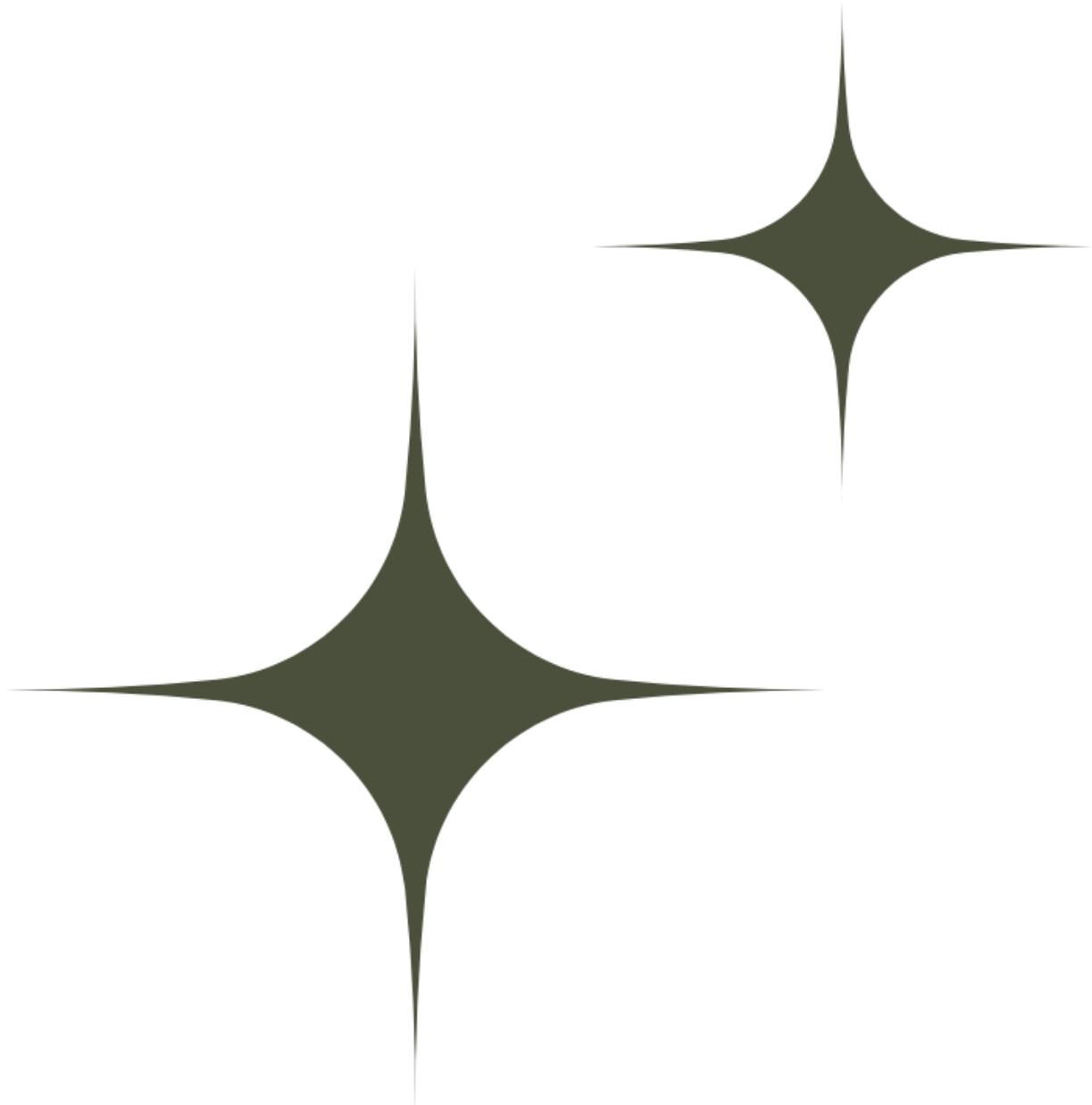
- 1:1 coaching and ongoing messaging support
- Functional testing (HTMA and additional labs if needed)
- Personalized nutrition, supplement, and lifestyle plan
- Low-tox home audit and tailored product guidance
- Access to foundational education and community resources

- Flexible pacing with options for 6- or 12-month mentorship

**Perfect for you if:**

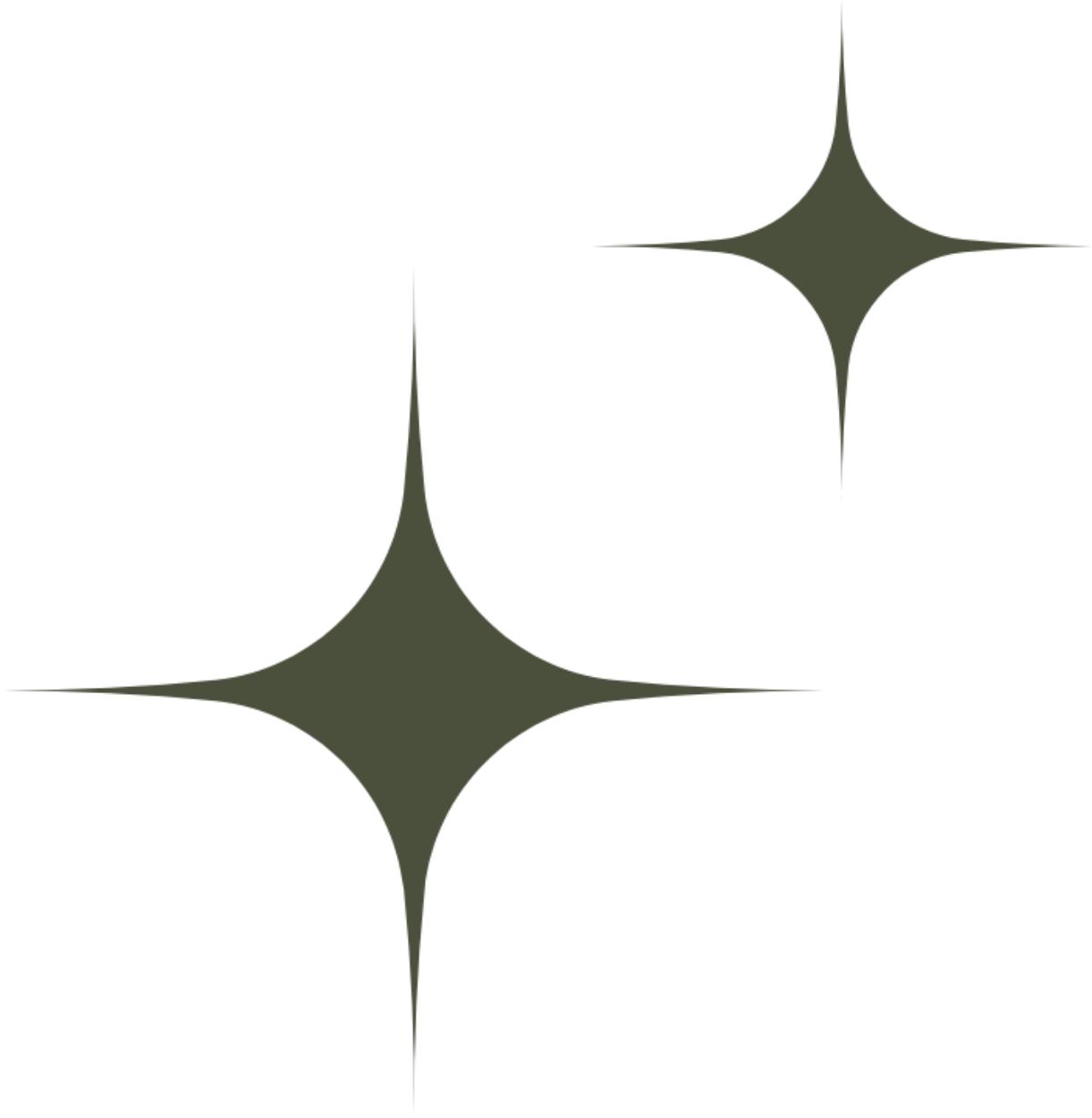
You want full-spectrum support—not just quick fixes. You’re ready to feel like yourself again, prepare your body for pregnancy, or rebuild postpartum with a plan that honors your pace and your values.

*This is intentional, sustainable transformation—designed for you, your body, and your home.*



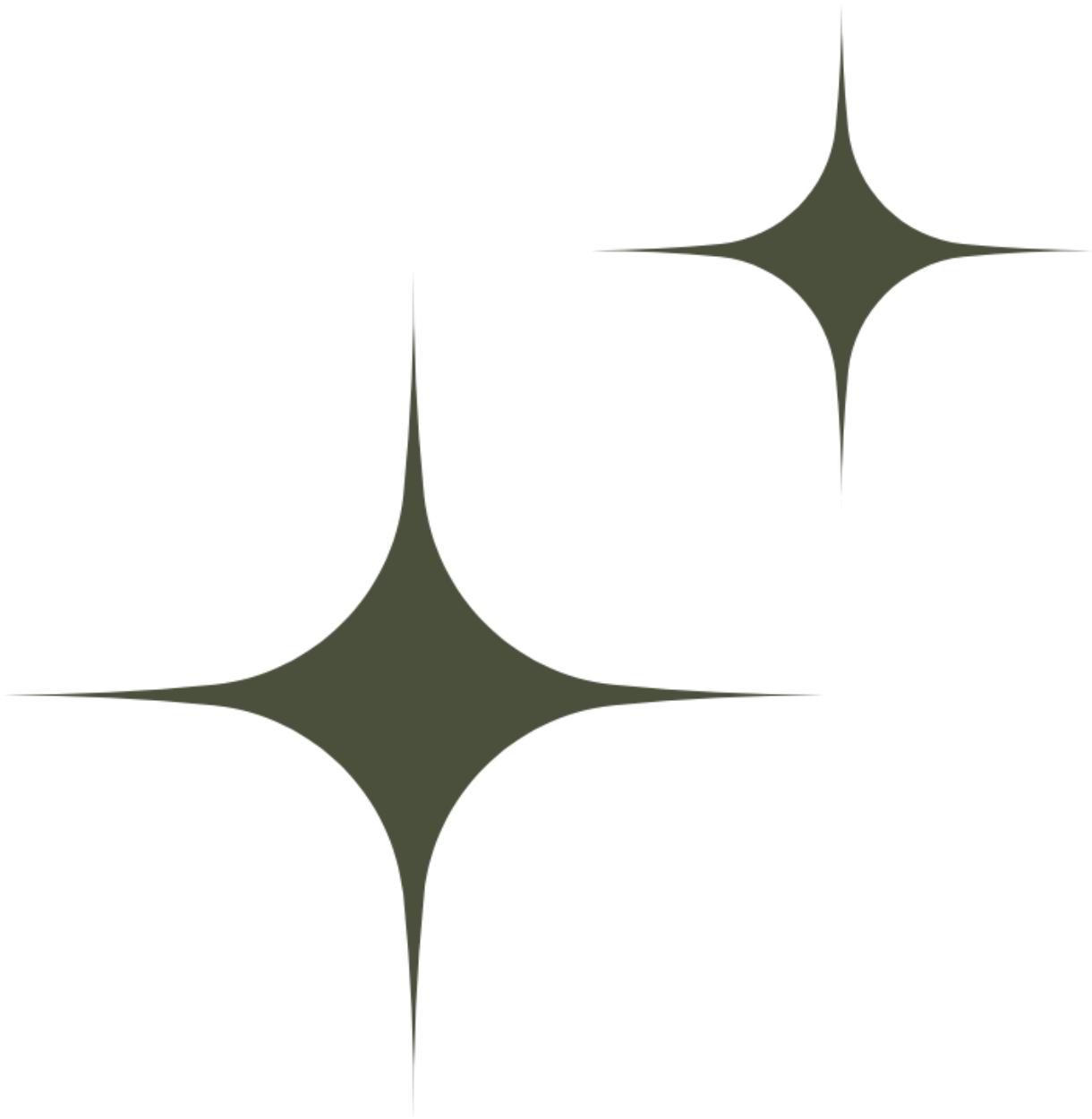
## 1:1 Consulting Sessions

Deep dive into your goals and receive a plan tailored to your body, lifestyle, and stage of motherhood.



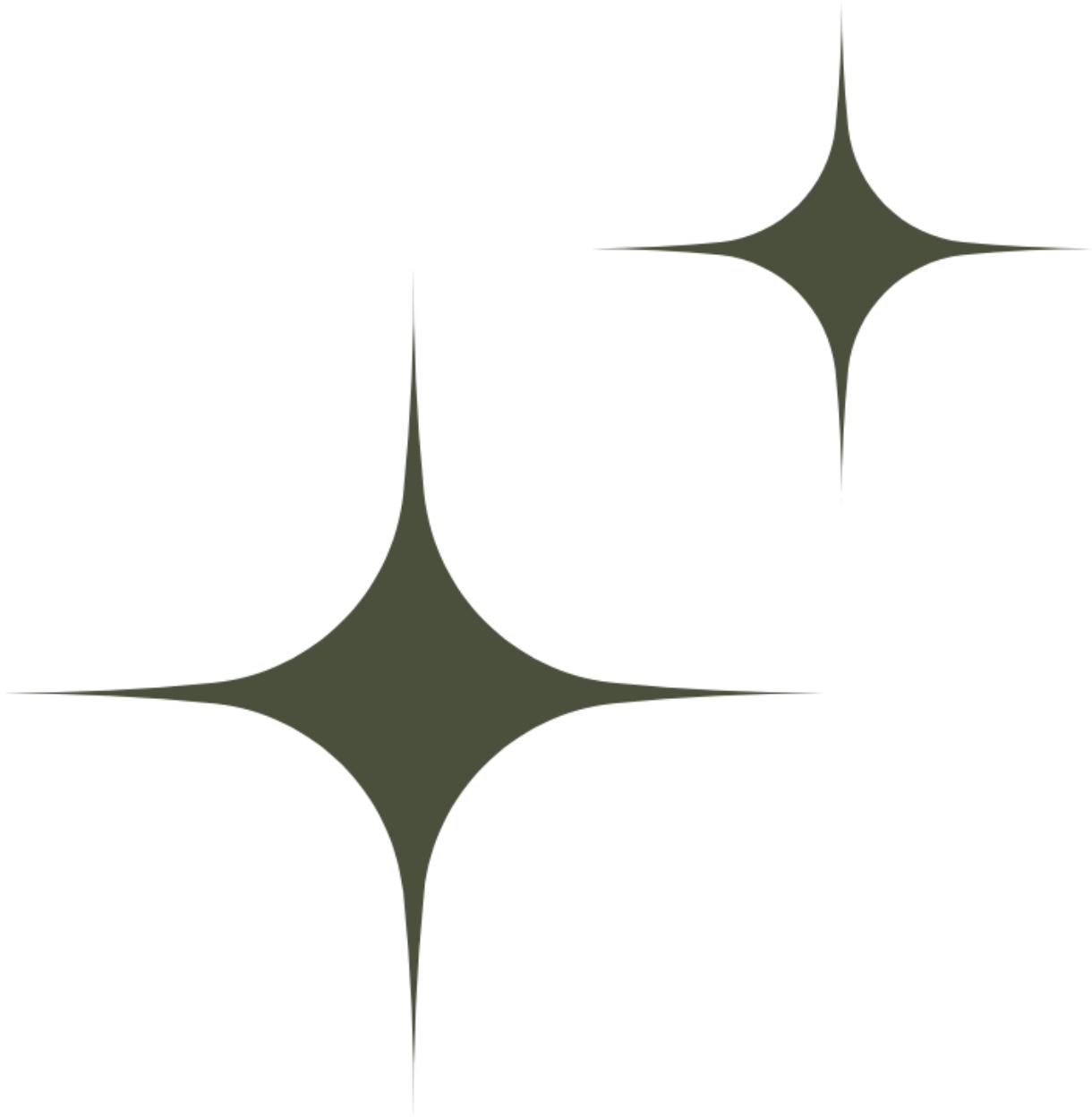
## Client Portal

Access resources, notes, and support anytime to help you stay on track.



## Resources

In this package, I offer lifetime access to resources I have tailored for women like you & personalized tools for your body, your needs, your goals, your lifestyle.



## Discounts

Exclusive perks for program clients, including supplement discounts and future course savings.

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Ready to support your body and family with intention?

Click the button below to apply for a free 20-minute consultation.

Together, we'll decide which program fits your goals and season of life.



# FAQ

## Do you work with men?

My main programs, including HTMA, are exclusive to women in their childbearing years; however, I do offer one-off lab reviews for men and women. You can learn more [here](#).

## Do you offer other labs?

Yes — but only when they're truly helpful for you.

I take a “foundations-first” approach, because many women start feeling better just by addressing the core pillars of hormone and mineral balance: nutrition, stress, sleep, movement, and low-tox living. Jumping straight into extensive testing can feel overwhelming, expensive, and unnecessary before we’ve even supported your baseline.

That said, targeted lab testing can give us a deeper look at your whole-body picture. If we reach a point where additional insight would meaningfully guide your protocol, I offer optional testing within the Mentorship package after we’ve built a strong foundation together.

This ensures that any labs you choose to invest in are intentional, personalized, and used to create a more precise plan—not just numbers on a page.

If you’re curious whether labs might benefit your specific situation, we’ll talk about it during your intake and throughout our work together.

## Can I do HTMA without the mentorship?

No — HTMA is part of a holistic process. I believe testing without support creates more confusion than clarity, so it’s always paired with education and intentional coaching.

## Do I need a primary care provider or OBGYN/Midwife while working with you?

Yes!

My mentorship is designed to complement—not replace—your medical care. Although I am a licensed Nurse Practitioner, I do not provide primary care, OB/GYN, or midwifery services in this program. I do not diagnose, treat, or manage medical conditions. You will need an established primary care provider and/or OB/GYN or midwife for all medical evaluations, prenatal/postnatal care, prescriptions, and condition management. My role is to support your wellness through functional insights, nutrition, HTMA testing, and lifestyle guidance.



## WHAT IS HTMA?

*introducing*  
HAIR TISSUE MINERAL ANALYSIS

Hair Tissue Mineral Analysis (HTMA) is a functional wellness test that measures the mineral content of your hair. Minerals reflect long-term cellular activity and provide insight into how your body manages energy, hormones, stress, metabolism, and toxin exposure.

Unlike blood tests, which offer a moment-in-time snapshot, HTMA shows longer-term patterns. This makes it a valuable tool for identifying mineral imbalances and stress-related shifts that influence fertility, pregnancy, postpartum recovery, and overall wellness.

## HOW HTMA SUPPORTS YOUR JOURNEY

### *Preconception*

HTMA identifies mineral patterns related to thyroid function, ovulation, nutrient absorption, and stress — all of which are essential for healthy conception. Supporting these factors before pregnancy helps lay the groundwork for a resilient, nourished body.

### *Pregnancy*

Pregnancy increases the body's demand for minerals such as magnesium, sodium, potassium, zinc, and copper. HTMA helps us understand how your body is adapting and

supports you in maintaining stable energy, balanced blood sugar, and calm nervous system function.

### *Postpartum*

Postpartum is one of the most mineral-depleting seasons of a woman's life. HTMA offers insight into adrenal stress patterns, sleep disruption, mood changes, and blood sugar shifts so we can support your recovery from the inside out.

### *Low-Tox Living and Family Health*

HTMA can detect certain heavy metals such as lead, arsenic, mercury, and cadmium. This allows us to identify potential environmental exposures and build a safer, more supportive home environment for you and your family.

## *Who HTMA is For*

HTMA is ideal if you:

- Feel "off" but labs keep coming back normal
- Want to support your body for conception
- Desire more tailored nutrition and lifestyle support during pregnancy
- Are navigating postpartum depletion that is affecting your mood, libido, energy, etc.
- Want to create a low-tox home for your family
- Prefer a root-cause, whole-body approach over symptom Band-Aids

## *Why I Include HTMA in Your Care*

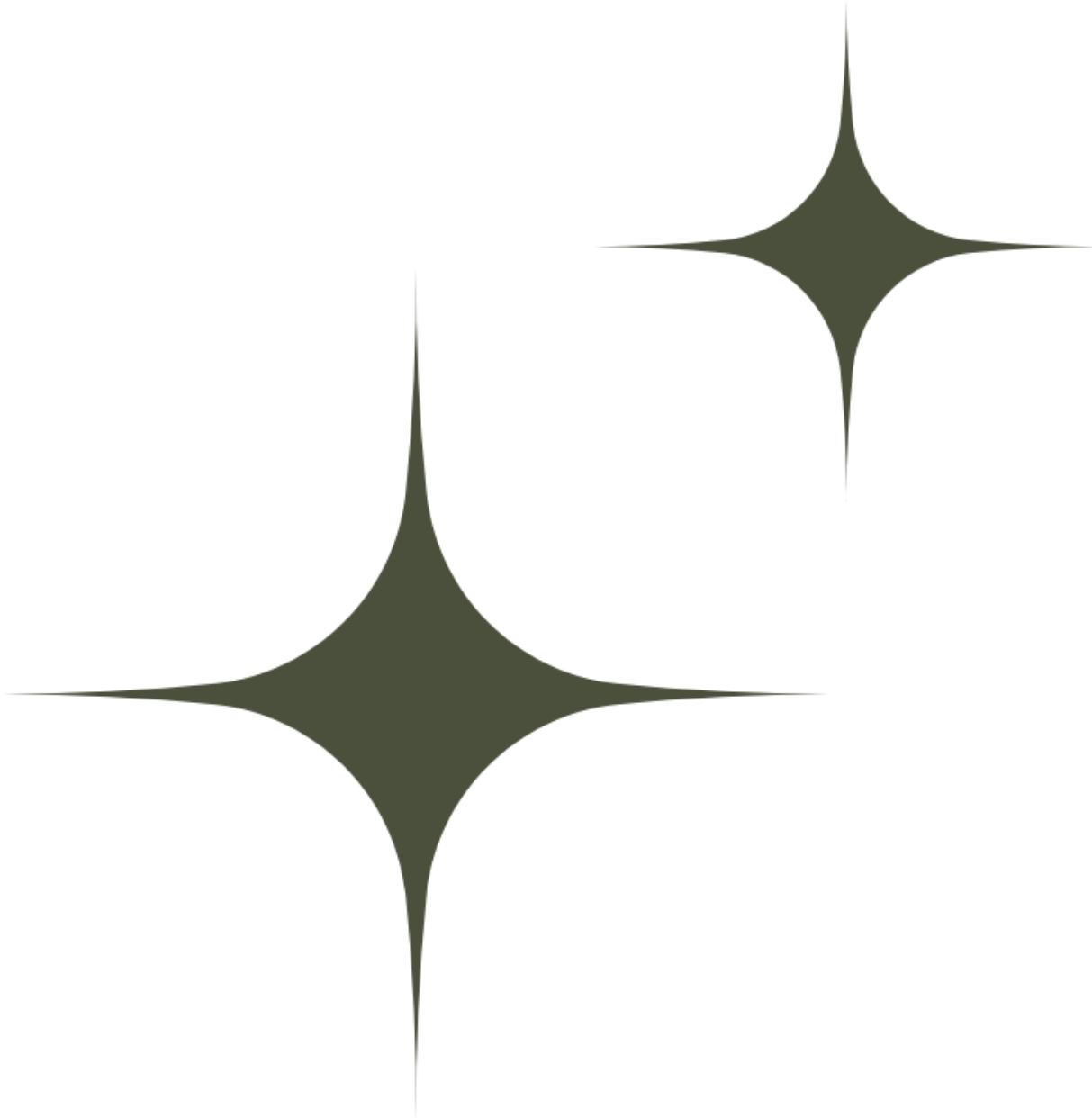
Minerals are the foundation of nearly every system involved in women's health.

HTMA provides insight into:

- Hormone production and balance
- Thyroid health pattern
- Metabolic and blood sugar trends
- Energy production and mitochondrial function
- Stress response and adrenal patterns
- Detoxification and heavy metal exposure
- Mood regulation and nervous system health
- Nutrient absorption and mineral synergy

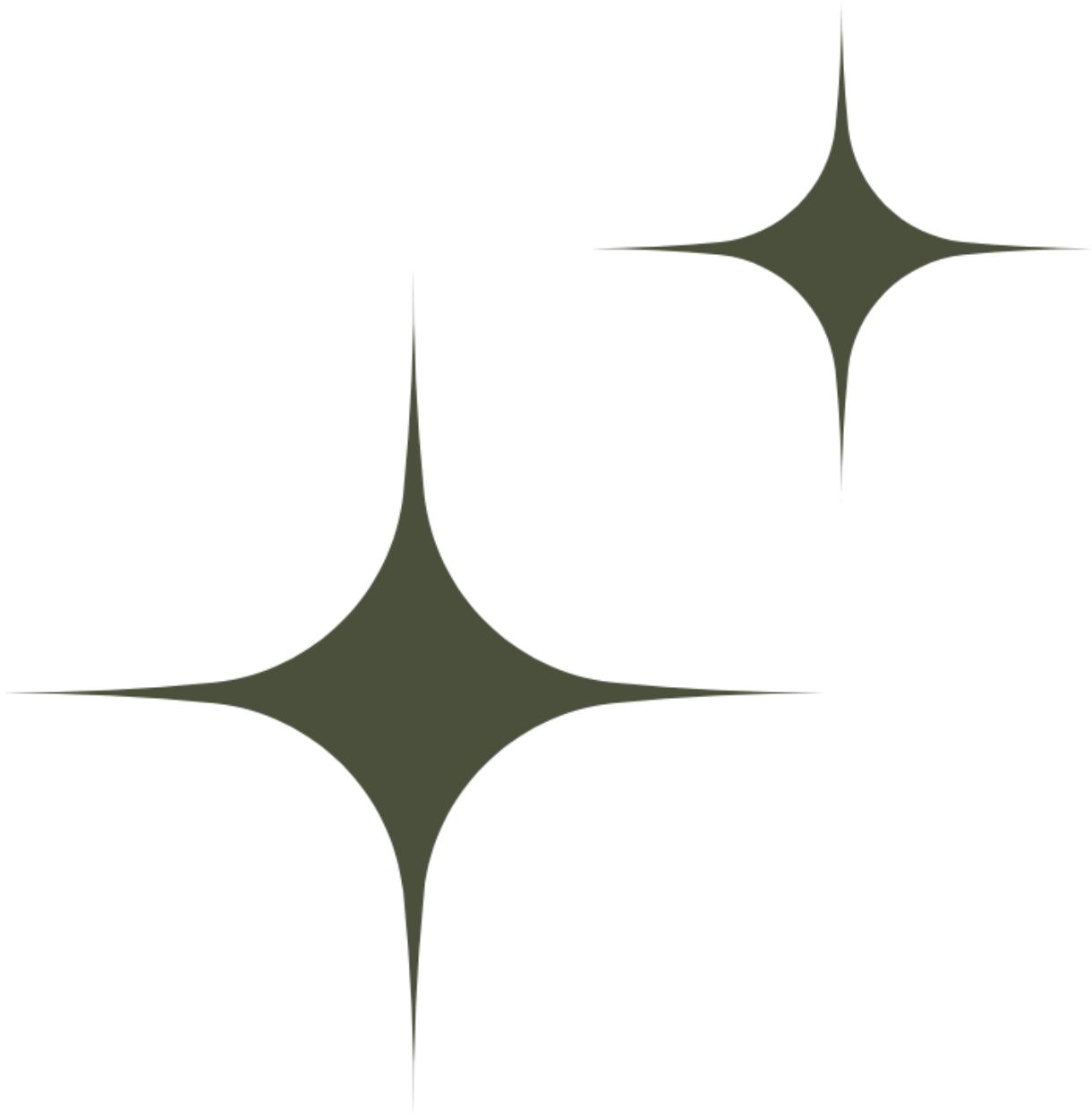
These areas directly influence fertility, pregnancy health, and postpartum recovery. HTMA allows us to work from the ground up so your wellness plan is tailored to your body's specific needs.

# What the Process Looks Like



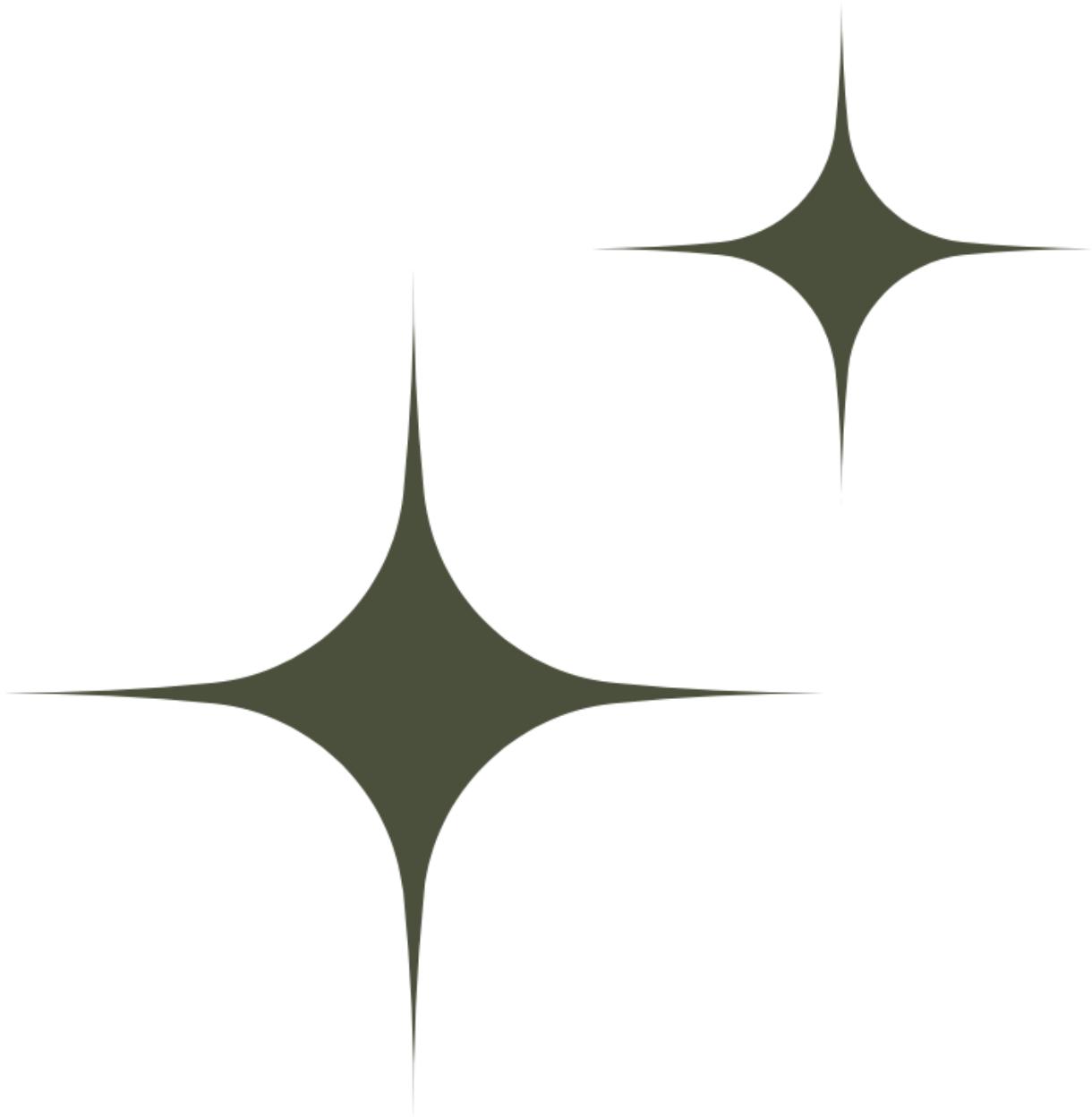
## INTAKE

You'll complete an in-depth health history form covering multiple areas.  
This allows me to understand your full picture in light of your results.



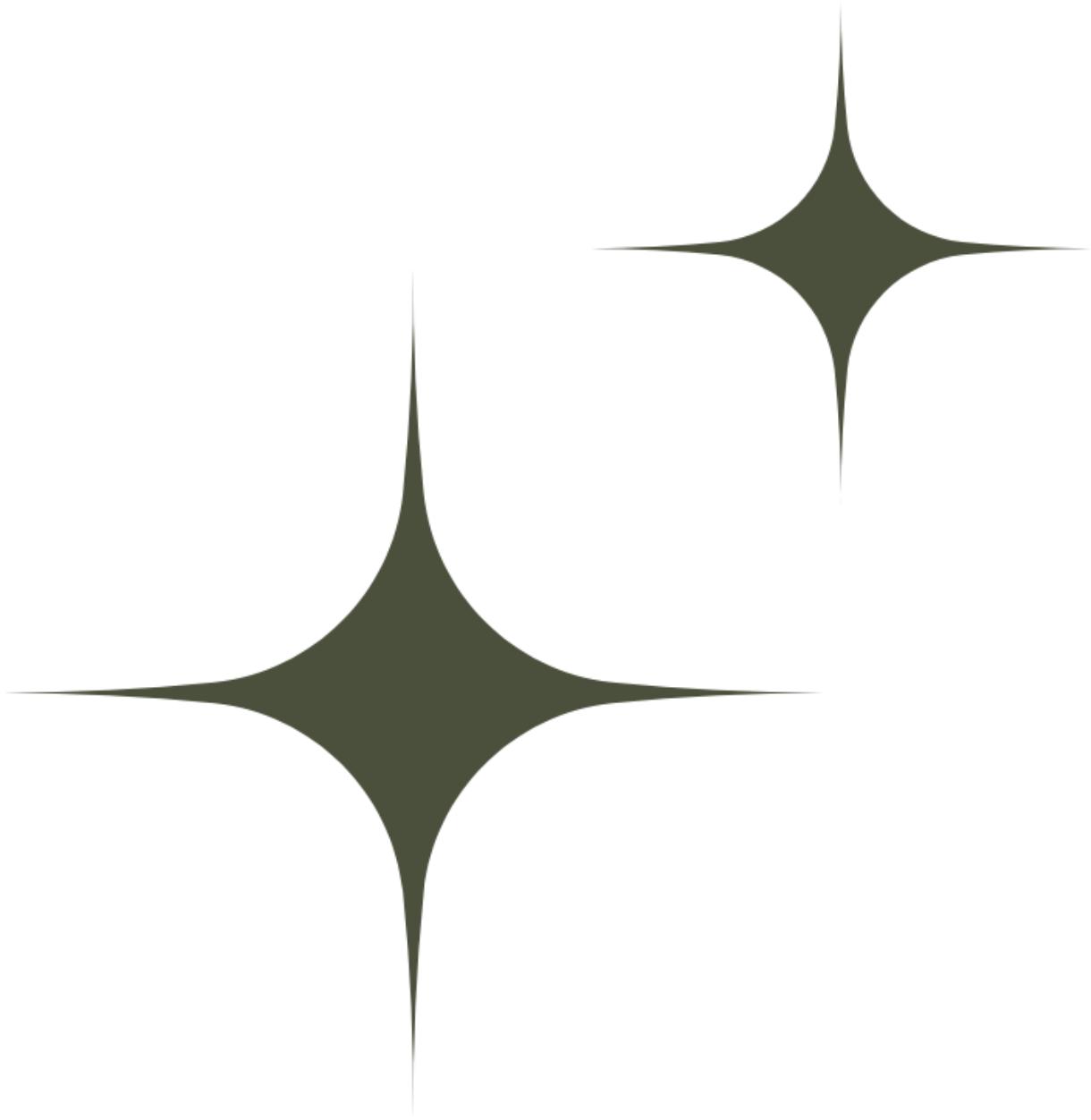
#### AT-HOME COLLECTION

A small sample of hair is taken at home following simple instructions. It is quick, painless, and does not require a blood draw.



### FUNCTIONAL INTERPRETATION

Once your lab report returns, we review your mineral ratios, patterns, and potential stress indicators in detail so you fully understand what they mean.



### PERSONALIZED PLAN

You'll receive a customized plan targeting nutrition, supplementation, lifestyle shifts, and home environment improvements that match your unique mineral blueprint.

### FREQUENTLY ASKED QUESTIONS

#### Is there scientific research backing the validity of HTMA?

Yes. Extensive research has established the link between trace element levels in hair and internal organs. Several peer-reviewed studies and government reports validate the use of hair for biological monitoring:

- EPA Validation: The Environmental Protection Agency (EPA) stated that human hair can be effectively used for biological monitoring of toxic metals, noting that if analyzed correctly, "the data are reliable" (EPA, 1979).
- Cardiovascular Health: A study analyzing men over a 13-year period found that for each microgram of mercury found in hair, the risk of acute coronary events increased significantly (Houston, 2007).
- Bone Health: Research concluded that magnesium levels in hair were associated with bone mineral density, whereas serum levels were not as significant an indicator (Song et al., 2007).
- Diabetes: Longitudinal studies observed lower hair chromium levels in elderly subjects with Type 2 Diabetes compared to healthy control groups (Stupar et al., 2007).

## Where can I learn more about HTMA?

<https://www.traceelements.com/EducationalResources/FAQ.aspx>

<https://www.traceelements.com/EducationalResources/PublishedArticles.aspx>

<https://www.traceelements.com/EducationalResources/HTMA.aspx>

## Which lab service do you use?

We use Trace Elements, Inc. (TEI), a leading independent testing laboratory that has been in operation since 1984. They specialize exclusively in hair tissue mineral analysis (HTMA) for healthcare professionals worldwide.

Specialized laboratories are preferred over general labs because they focus solely on the unique preparation and analysis required for hair, such as avoiding "washing" procedures that can strip water-soluble minerals.

## Are Trace Elements and HTMA labs even regulated?

Yes. Trace Elements, Inc. is a fully licensed and certified clinical laboratory that meets rigorous federal and state regulatory standards.

- CLIA Certification: The laboratory is certified under the Clinical Laboratory Improvement Amendments (CLIA) of 1988, which ensures that laboratories meet federal standards for accuracy, reliability, and timeliness.
- Federal Inspections: TEI undergoes regular inspections by the Clinical Laboratory Division of the Department of Health and Human Services (DHHS).
- State Licensure: In addition to federal certification, they hold specific state licenses where required, such as with the Florida Department of Health as a licensed clinical laboratory.
- Quality Assurance (QA/QC): They maintain a strict Quality Assurance/Quality Control program, including daily calibration with standards traceable to the National Institute of Standards and Technology (NIST) to ensure precision and reproducibility.

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## Ready to Understand What Your Body Is Telling You?

HTMA is included in the Intention Insight Lab Package and available within theIntention Signature Mentorship.



# What's Included

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## **1. Comprehensive Intake Questionnaire**

Before your appointment, you'll complete an in-depth intake form covering symptoms, history, lifestyle, medications, supplements, and goals. This allows me to understand your full picture — not just numbers on a page.

## **2. Upload of Your Most Recent Labs**

You'll upload the labs you want reviewed (bloodwork, thyroid panels, hormones, metabolic labs, lipid panels, etc.).

If more context is needed, I'll request any additional results you have available.

## **3. 40-Minute Functional Lab Review Call**

During your session, we walk through your lab results line-by-line using functional ranges and whole-body context. You'll learn:

What each marker means

- What trends or patterns are emerging
- How your labs relate to your symptoms
- Which areas need attention or support

No rush. No confusion. No guessing.

## **4. Personalized Recommendations**

After your session, you'll receive a summary that may include:

- Nutrition guidance
- Lifestyle recommendations
- Supplement considerations (optional)
- Suggestions for follow-up labs, if appropriate
- Clear next steps to move forward

## **5. Optional Next-Step Pathways**

If you'd like deeper support after the review, you'll have access to:

- The Intention Insight Lab Package (HTMA testing)
- The Intention Signature Mentorship
- Or continued à-la-carte lab review consults

There is never pressure — only options.

**Cost: \$298**

## About this Service

This service does not replace your primary care provider.

I do not diagnose, treat, or manage medical conditions.

Men and women must maintain care with a PCP and/or specialist.

This review is educational and wellness-oriented, offering interpretation and guidance for lifestyle and nutrition support.

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If you're ready to finally understand your labs — and feel confident in your next steps — schedule your session below.

Clear guidance.

Meaningful insight.

Support you can trust.



