



To My Clients and Prospective Clients,

I grew up in the processed-food generation of white flour, white sugar, and fast food. I can remember not feeling well for a much of my childhood. If it wasn't a headache or runny nose, it was a stomach ache or illness from hormonal problems. Little did I know at the time that food was a significant contributor to the majority of my symptoms.

When I reached my forties I started to again experience regular body aches and pains coupled with various illnesses. After consultation from doctor to doctor and not finding the answers I was looking for, I decided to take control of my own health. I was determined to get to the root cause of my problems. Through lifestyle changes and the healing power of food my health drastically improved! I did it! I was able to turn my life around and began living the life I deserved filled with energy, happiness and free from physical limitations!

When you become healthier, the other areas of your life such as relationships, career, family and creativity naturally start to improve. Studies show that 90% of all illnesses are food related and preventable. I truly believe that changing your habits through food and lifestyle, not dieting, can transform your health to the highest possible level. I am continually excited to see it happen to people everyday!

Today I am strong, vibrant and passionate about my career as an Integrative Health Counselor. I am here to listen, support, and empower you to take control of your personal health. You are worth it!

In Good Health,

Christie Woodall

Christie Woodall
Integrative Health Counselor