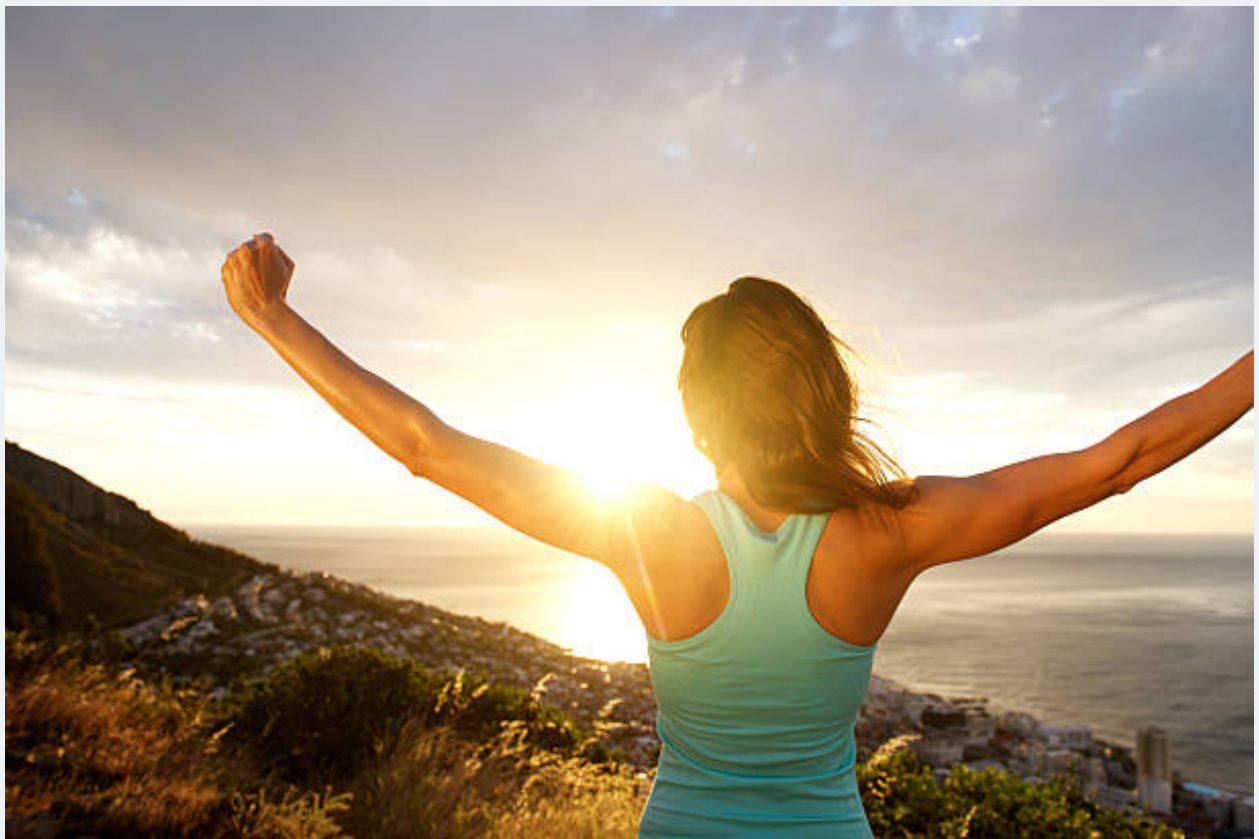


**Start YOUR journey
to living YOUR life
with more energy
and
resiliency 🌟**



Dr. Stella Aubert



As a 9 month old baby, I almost died.....

from the conventional medicine's way of treating the common ear infection....meds & drugs!

From then on, God kept directing me down the Natural & HOLISTIC health & wellness path. I had another major health dis-ease and was diagnosed with "Leukemia" in 2012. I did not go the conventional medical route and decided to heal myself by working with my body, with my innate intelligence, and with the laws the of nature. I experienced what true healing and health are really all about!

A few years later, I become a DOCTOR of Chiropractic Medicine to help others return their bodies back to its natural state: HEALTH with energy, vibrancy, vitality, and resiliency.

As a Doctor, I look at YOU as a whole person....your MIND, BODY, EMOTIONS, & SPIRIT.💜

I dive deep into how your body functions; everything from your mind & brain to every organ system & cell in your body, to your spirit & emotions, & how you interact with yourself & the world around you. Each component plays a huge role in your health. Everything must be working together in unison so you can be healthy & well.

I take an OATH & here's a little piece:

☀️ **"I light the way to the understanding of the natural laws which preserve the human body, as a fitting temple for the soul. I will keep the physical, mental, & spiritual needs of the sick as my foremost duty, ever searching for & correcting the cause of the dis-ease to the best of my ability."**

✗ **Meds & drugs don't get to your ROOT causes of your dis-eases within your body. They don't exemplify a pattern of living in harmony with the laws of nature. They will make you sicker.**

You are designed to be HEALTHY and WELL and living with vibrancy, vitality, and resiliency.

As a Doctor, I teach you how to heal and create TRUE HEALTH by working with your body, with your innate intelligence, and with the laws of nature. I teach you how to heal at the deepest on a cellular level and quantum energetic level. I look at all areas of your health; Mental, Emotional, Spiritual, and Physical. I teach you how to connect to your infinite power and get your Life Force energy free flowing so you can come back to a state of wholeness.

WHY MENTAL WELLNESS?

Growing up, most of us were educated about ways to take care of our physical health. But very few were educated on how to take care of our mental health — until now. Everyone has mental health, just like everyone has physical health. Amare's platform empowers people to optimize their mental wellness and live a life full of vigor, positivity and performance. Amare's scientific approach is designed to meet you where you're at today on the mental wellness continuum and then, from there, optimize your potential.



7 out of 10 people were
educated on physical health

VS.



Only 1 out of 10 people were
educated on mental health

WHAT IS MENTAL WELLNESS?

Mental wellness impacts our daily lives in multiple ways. From the way we handle stressful situations to everyday challenges, our mental well-being is essential to a happier, healthier life. It's as important to us as our physical health. We now know our gut, brain and heart are all intertwined and impact our mental wellness, so it's essential to care for all those aspects accordingly. From an active lifestyle to taking the right supplements, Amare can help you thrive in all aspects of your mental wellness.



**MENTAL
FITNESS**



**PHYSICAL
PERFORMANCE**



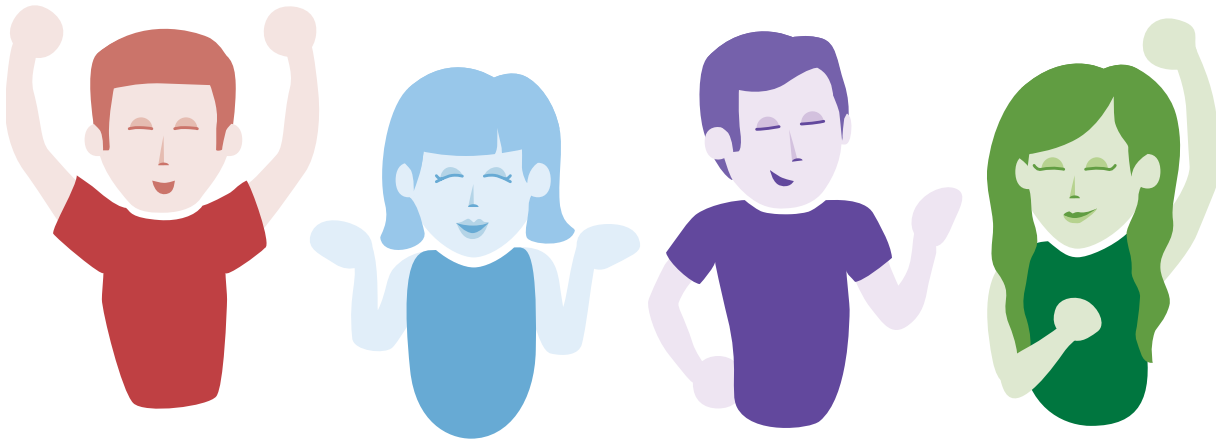
CONFIDENCE



**STRESS
RESILIENCE**



**FINANCIAL
WELLNESS**



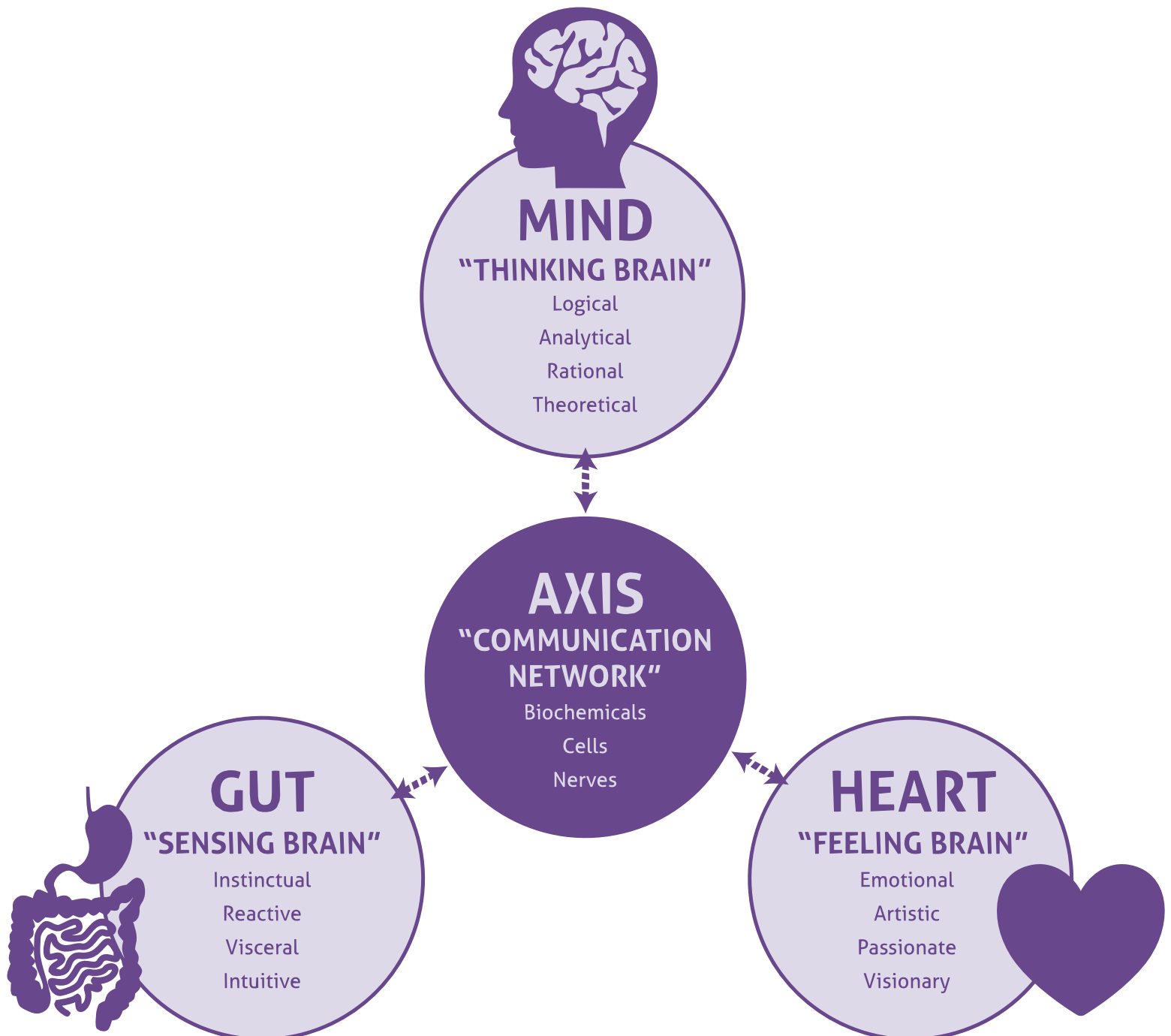
Meet Your **HAPPY** Neurotransmitters

- ✓ **Dopamine** affects your emotions, especially feelings of happiness and joy.
- ✓ **Endorphins** interact with the opiate receptors in the brain to reduce your perception of pain.
- ✓ **Oxytocin** is known as the love neurotransmitter that promotes connectedness.
- ✓ **Norepinephrine** helps mediate focus and attention.
- ✓ **Serotonin** regulates anxiety and can affect mood, appetite and sleep.

The following infographics provide a powerful overview of the importance of gut and heart health, and the relationship between the brain, heart, nervous system and gastrointestinal system in our overall mental wellness.

Targeting Mental Wellness Through the **BODY'S THREE BRAINS**

Our three brains: gut (sensing brain), heart (feeling brain) and mind (thinking brain) determine our emotions and are the most powerful tools in optimizing our mental wellness.



The HEART-BRAIN AXIS

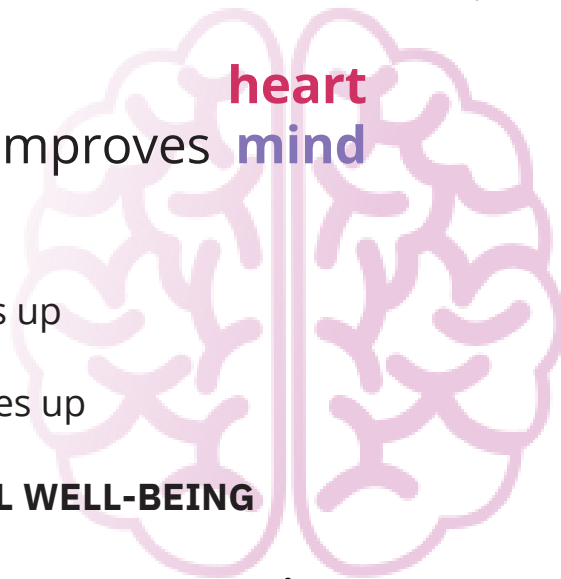
Similar to the gut-brain axis, the heart and brain are also closely connected via the heart-brain axis. The heart sends messages to the brain about what it needs, how the body feels and more.

Improving
efficiency improves
efficiency:

MOOD goes up

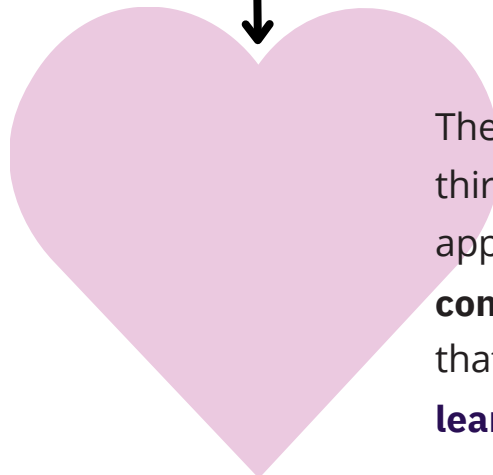
ENERGY goes up

EMOTIONAL WELL-BEING
improves



Our heart can
actually determine
our emotions.

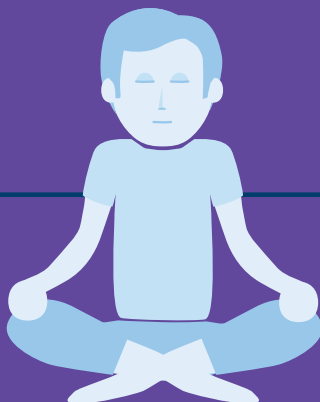
The HBX connects
what we **feel** with
what we **know**.



The heart is the body's
third brain, containing
approximately **40,000**
concentrated neurons
that can **sense**, **feel**,
learn, and **remember**.

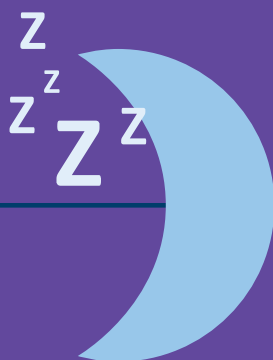
Balance the **MIND** with **LIFESTYLE** Choices

Take time for a
MINDFUL MEDITATION



Mindfulness
Practices such as meditation, yoga, gratitude, and mindful breathing reduce stress and anxiety

Sleep
Inadequate or poor quality sleep increases stress hormone exposure (cortisol) and interferes with mood and mental function



Take time to
SLEEP

Take time to
MOVE



Physical Activity
Regular exercise is shown to reduce stress, anxiety, and depression as effectively as antidepressant drugs

Part of healing is supporting your body with nutrients to help your body become more resilient to everyday chronic stress. These functional whole food nutrients will help support your entire body so you can handle more in your everyday life as well as gain more energy, mental clarity, and a sense of calmness in a stressed out world.

**CLICK HERE TO RECEIVE YOUR
STRESS RESILIENT NUTRIENTS**