



AWAKENED WELLNESS LLC



FIREMAN & CARPENTER



What makes you healthy? What makes you sick? I think Dr. Flynn got it right with his explanation of a Fireman & Carpenter. Let me paraphrase it for you.

Here we go-

What if you came home to find your house on fire? Who would you call? 911- fire department, of course! We don't even think of calling anyone else because they are the right guys for the job. In order to save your home from the fire they will special tools, ie: an axe and water hose. They may break down the door, windows, and walls. They will hose down the walls, pictures, and furnishings ruining everything. However, you will be grateful. You will thank them for ruining your home with their tools. However, you would not appreciate them if they continue to come and do the same thing to your house every day for the rest of your life. The fire is gone, right?

When it is time to rebuild your house, you call in a carpenter. He will look for the source of the fire. Let's use the example of faulty wiring. You will expect the wiring to be replaced before the new drywall goes up. You would not expect him to leave the faulty wiring and rebuild on top of it. Or, have the fire department come by every day and water it down so it can not start on fire again. If he did not fix the faulty wiring, you would not be surprised when you had another fire, because the original problem was not resolved.

In this example the fireman is a doctor, his tools are medications and surgery. The house is your body, and, the fire is inflammation that is evidenced by sickness & disease. In an emergent situation a doctor can save your life with medications and/or surgical intervention. However, is staying on the medication for life really making you any healthier? Or, could it be rotting your house (body) with side-effects?

The carpenter is me, Nurse Tanya. I want to know what started your fire and put it out it at the source. Then, together, we rebuild your body one phase at a time by helping you remove stressors, toxins, and traumas. And, restore your house (body) with custom nutrition, herbs, and supplementation.

REMEMBER- Like Dr Flynn says, "You need to choose the right professional for the job. If you have a FIRE, get a fireman. When it is time to rebuild, become a carpenter."