



AWAKENED WELLNESS LLC

What is THE RESTORATIVE APPROACH?

Nurse Tanya is a Health Restoration Coach, certified by The Wellness Way Academy. She will provide you with: education, mentorship, motivation, test result interpretation, nutrition, and supplement recommendations. You may think of her as your "tour guide" on *The Road to Restoration*. She will help you take control of your health.

The focus of the medical approach is: diseases, symptoms, diagnoses, billing and coding, and medication centered. In direct contrast, The restorative approach is person centered; focused on you as a whole person, not just a set of symptoms. Nurse Tanya will spend time with you. She wants to know your story, because you are the sum of your genetics, your environment, lifestyle, mental health, spiritual health, and your physical condition. All of these things combined influence your long-term health and complex, chronic diseases making you a unique expression of individual health and vitality.

What makes THE AWAKENED WELLNESS APPROACH UNIQUE?

Let's use high blood pressure as an example. (the fire)

Medical approach- Treat symptoms with medications: ACE inhibitors, Calcium Channel Blocker, Diuretics

Alternative Medicine/ Integrative approach- treat symptoms with alternatives to medication: fish oil, B12 shots, Co Q 10, Vitamin C, Magnesium, potassium

The Awakened Wellness Approach- First we must prepare the body to receive new life by opening and supporting the organs of 'drainage' and then thoroughly detoxifying the organs of elimination. We use a slow and gentle process and personalize it to each individual, young and old.

Next, we get to the underlying cause of the high blood pressure with testing of the bodies systems ie: food allergy, hormone, thyroid, GI function, heavy metal toxicity, virus, stressors. What started the fire?

Then together, we use tools to restore the body, resolving the dysfunction. When we remove stressors and give the body what it needs, over time, the body will heal.

Disclaimer: Awakened Wellness LLC does not diagnose or treat specific diseases, prescribe medications, or replace physician care.