

Healthcare Basics

Basic at Home Healthcare everyone needs
living in the world today~

There's a basic healthcare regime that's very important and could be an underlying cause of more serious disease. By doing these, it will enable your body to heal faster and your herbal medicine to work better!



Food:

It has to be 100% organic non gmo.

Otherwise its been sprayed with chemicals and pesticides. These lodge in our soft tissue, around endocrine glands and the brain, ruining hormones and general body functioning.

The food grown this way is less nutritious; mineral content is depleted so your body is always hungry. You will be eating more but never truly satiated, its like your body is starving. They are also a direct cause of cancer.

If you need help navigating this, no problem, I can take you through any questions you have,

Book it here!



Home:

- Deep clean, hire a cleaner, 1hr, not about a messy home, this is for mold, dust, hair, dirt that accumulates in hard to reach places.
- Bedding, mattress, sheets, comforter, pillows need to be made of natural materials, washed often.
- Furniture, minimal, placement, clean. Clear spaces welcome a calm mind and a feeling of prosperity.
- Rugs, need cleaned professionally regularly. Eliminate them if they are not healthy or necessary.
- Refrigerator, should smell good, fresh, nothing old, moldy or opened but unsealed.

I can feng shui your home. If you're busy or overwhelmed, I got you, [Book it here](#)



Nature:

Breathe in a natural environment as often as you can. The ocean, a river, mountain air, this will help your skin, lungs, energy, sleep, mental health and overall well-being.

If you feel overwhelmed and need help getting started **book a consultation**, I can help!



Movement:

Daily walks.

For Mothers raising kids its not necessary to do more, you're doing enough and its enough exercise. Enjoy it!

If your body is weak, a workout regime could be great.

If you've been strong your whole life, taking it easier, going on walks could be more beneficial.

Would you like a custom plan? I can help.



Clothing:

Your clothing could be a culprit for health struggles.

Most clothing is made of plastic which suffocates the skin and endocrine glands. Let it go!

Replace it with Bamboo, Linen, Silk, Hemp or Cotton. *Mixes are a great starting point.*

I got you, you can shop here!

Undies restrict air flow, consider wearing only when necessary. A bra could restrict circulation.



Water:

The quality of water naturally around us in the rivers, ocean, lake, how is it around you? If its toxic likely your shower water and drinking water are too.

There are two products plus an added filter depending on location that will help. *If the natural water surrounding you is of good quality, I recommend these two products to help the body heal from past damage and assimilate water for deep hydration.*

Kangen for drinking water its easily absorbable into our cells, its extremely healing. *Healing from the inside out.*

Anespa for the shower, clean, quality, *healing from the outside in.*

*This combination feels better than anything I've experienced. **Its like a new life.** Learn why + all the details via the links.*



Air:

Quality of the Air we breath is of the utmost importance. Nature dense will have highest air quality.

Factories and cars will make air quality worse. If you live in a city, there is an entire market of air purifies, I'm not an expert in that area, seek advice.

I feel nature does it best. If you want to consider living in harmony with nature, feeling healthier and free reach out!
We have developments in the works.



Healthy Living:

After healing the body, and realizing so much was due to environment, we've become dedicated to creating a places to live where we can experience vitality. We are developing properties.

- Get on the [list for new locations](#) updates
- Buy an [off plan Villa now](#)
- [Invest](#), we offer a quicker and higher ROI than most people have access to.



Health Revitalization Program

Healing the body can be confusing and overwhelming. I designed this program to take the lead and guide you through.

- Heal internal imbalances causing: pain, stress, digestive issues, hormonal imbalances, physical injuries and disease.
- Customary personal approach, you are unique and so should your healing plan
- 1:1 with a Board certified, Licensed Medical professional, 20years experience, a wide range of Certifications, Licenses, modalities.
- Health is most valuable ROI of life! Be a present parent, grandparent, business owner and dream creator.

If you ***know anyone struggling***, [book it here](#)

xo,
Amber M Berg

