

THE WONDERER

CHARLESTON

Health and Wellness Coaching Program Offers

Individual Sessions:

- Free 60-minute consultation to see if health coaching is right for you.
- \$125 per individual session
- 1 free choice of any other service provided (limited time offer/30 days)

Package Options:

3 Month Package- (2 sessions per month)

- Free 60-minute consultation to see if health coaching is right for you.
- \$200 per month value
- Offer: \$450 (25% Discount for Prepay)
- 1 free choice of any other service provided (limited time offer/30 days)

6 Month Package- (2 sessions per month)

- Free 60-minute consultation to see if health coaching is right for you.
- \$200 per month value
- Offer: \$900 (25% Discount for Prepay)
- 1 free choice of any other service provided (limited time offer/30 days)

All individual Sessions Include:

- Unlimited access via email/text support
- Handouts/Questionnaires/Assessments/Worksheets
- Science-Based Evidence Studies
- Tailored Recommendations
- Book Recommendations
- Meditation Guidance
- Recipes/Diet Information
- Quotes/Mindfulness Programs
- Weekly Check-in

Ask About Our Additional Offerings:

Master Reiki Practitioner: Reiki comes from Japanese words Rei and Ki. “Rei” means universal, and “Ki” means energy. Reiki is an energy-healing technique that promotes relaxation, reduces anxiety and stress through gentle touch to promote healing.

Iridology Practitioner: Iridology is the study of the colors and the patterns of the colored part of the eye. These colors and patterns are reflections of your inheritance from the past three generations. In fact, the Iris has an infinite range of structural possibilities and an amazing assortment of colors that can determine information about a person’s systemic health.

Sclerology Practitioner: Sclerology is the study of the red lines, gels, and colors in the whites of the eyes and how they relate to stress patterns in a person’s health. Sclerology provides an early warning thus allowing the person time to effect nutritional correction before the condition becomes chronic. It is also an excellent way to confirm that natural therapies are working since the lines in the sclera change as health conditions change. Sclera line patterns reveal weak links in a person’s constitution. Empowering the person with self-knowledge can prevent genetic weakness from manifesting.

Foot Glyphology Practitioner: Chakra healing is a form of energy healing that focuses on channeling energy body back into balance for greater mental, emotional, and physical health. Chakras are the main energy centers inside the body bundled with nerves and are associated with specific parts of our emotional and physical life. When we talk about treating chakras, we are referring to treating our energetic body. The body is not only made up of the physical body, but we also have an energy that extends beyond our physical wellbeing.

Ionic Foot Baths: Disease states thrive in an acidic environment, so an alkaline body is essential to a person’s overall health and wellness. This process is naturally performed in the human body by the liver, kidneys, and even the skin. However, when our body becomes overburdened with too many toxins a buildup occurs and the natural detoxification process is then inhibited. Ionic foot baths enhance the body’s natural detoxification process boosting the immune system by removing excess toxins allowing the body to continue to naturally detoxify itself. This is an essential first step to any treatment plan designed to fight chronic diseases and improve overall health.