



About The Wellness Shop 365

Mindset & Life Coaching - We coach and consult on a two-step nutrition process. Primary Nutrition and Secondary Nutrition. Our Primary Nutrition focuses on our 365 Harmony of Life Wheel Assessment. This assessment covers 13 different areas of your life that you deal with daily. We believe that working on each one of these areas will support success in a positive and fulfilling life. Secondary Nutrition focuses on the food we consume each day. Coaching and consulting on both areas provide a one two punch on taking control of your health and having a positive relationship with your food and your life!

Personalized & Custom Nutrition Counseling & Gut health - We provide custom, detailed dietary nutrition plans based on bio feedback scanning as well as a supplement and mineral scan. This allows us to create a diet that is gut healing, as well as specialized to the individual. As we progress outward in the client's plan, we then customize supplements based on the client's needs to get your body running at peak and optimal health.

Gut health is key to living a thriving, energetic and happy life. Our guts are a complex world, full of billions of bacteria – good and bad. We refer to the gut as 'The Big Brain' and our actual brain as 'The Little Brain'. Believe it or not, food cravings for junk food, sugar, baked goods, fast food, and other processed carbohydrates, are messages coming from the bad bacteria in your gut! They send messages to our 'Little Brain' (up top) saying things like "I am craving cake, ice cream, and more junk food!"

Today 80%-90% of people in the US suffer from a poor gut health, a bad microbiome, gut imbalance, or 'leaky gut'. When this is the case, many problems may arise such as, inflammation, gas, bloating, reflux, poor digestion, and even emotions can turn negative. Emotional swings happen, depression, bad food cravings, lethargy, poor sleep habits, weight gain, and brain fog. All this and more can happen when your gut is imbalanced, and the most important part, it's not just you 'getting older'. These bad symptoms can be treated, getting you feeling better and healthier again! When going through our program, we take the client down to a 'gut calming diet', full of healing foods that will naturally repair the gut lining and bring it back into balance. Then, we slowly re-introduce foods through assessments specific to the client. When the gut is back in balance the client can experience a euphoria type feeling. The Inflammation, gas, bloating, reflux, poor digestion is gone! Poor sleep will be a thing of the past. Passion, energy, confidence, and desire will return. Best of all, the junk food cravings stop, the weight stays off, and your body is back in homeostasis. When you give the body the food it desires and needs to thrive at its peak, you will feel your body digesting and using the food for energy, not just sitting in your gut weighing you down.



RMR (Resting Metabolic Rate Testing) & Body Composition Testing - Our RMR machine is an FDA approved test and is a simple evaluation of exactly how many calories you take in each day, how many calories you burn daily, and provides you and us with how many calories you should be consuming to reach your specific goals. This provides us the information to write an easy-to-follow plan where you do not have to count calories each day. We also use a body composition assessment that provides measurements of your body - Height, weight, BMI, water intake, lean muscle mass & body fat percentage.

Medicine Wheel - Supplement & Mineral excess or deficiency test. Running our clients on the Medicine Wheel provides us specific information on the vitamins, minerals, and supplements that the client is either lacking or has an abundance of, that may be hurting your overall wellness and performance.

The electromagnetic wave signals emitted by the human body represent the specific state of the human body, and the emitted electromagnetic wave signals are different under the different conditions of the human body, such as health, sub-health, disease, etc. If we can determine these specific electromagnetic wave signals, we can determine the status of the body's life. Based on this principle, the instrument collects the electromagnetic wave signals of the human body to inspect the body's health condition through the own analysis of the computer.

“THE MEDICINE WHEEL” It makes a preliminary judge for the bias or potential and other sub-health status existing in organs; it makes the early prompting for the main diseases, which has great significance for the obtaining of the early treatment of diseases; and it has the advantages of completeness, non-invasiveness, practicality, simplicity, fastness, economy, easy popularization, etc.

Bio-Energetic point tester (Supplement Testing) - (EAV) – A diagnostic method that combines the basics of Chinese teachings on acupuncture and the possibilities of modern electronics. Dr. R. Voll combined the doctrine of acupuncture with knowledge of the magnitude of the resistance of the skin, measured by an electronic device. From acupuncture, EAV has adopted energy lines called meridians, as well as biologically active points (hereinafter referred to as AP), located on these lines. R. Voll managed to not only significantly expand the understanding of the system of acupuncture meridians but also to organize the acupuncture points on their anatomical and information interrelations with internal bodies and systems. The symbolic translation of the Chinese name in the terminology and clinical language thinking as well as understandable modern doctors.



The unique advantage of the EAV method is the ability to test allopathic and homeopathic preparations with the selection of a dose of cosmetics, jewelry from metals, herbs, metals for dentures and filling material, etc. without breaking the integrity of the skin and mucous membranes, to predict the degree of effectiveness of this individual remedy for a particular patient. Thus, electropuncture diagnostics by the method of R. Voll allows to identify the degree of existing disorders in various organs and systems of a particular patient (acute, subacute, chronic, dystrophic, neoplastic processes); to make early diagnosis at the stage of preclinical manifestations to:

- Significantly reduce the time of patient examination
- Increase the reliability of diagnosis with a sharp decrease in its complexity
- To carry out a purposeful selection of physiologically adequate treatment of the patient medicines, considering their individual tolerability
- Identify the mechanisms of the pathogenetic chain of diseases to target them in the treatment of the patient
- Conduct testing of different drugs on the compatibility for each individual patient, detecting the presence or absence of radionuclides in the body
- Choose the optimal diet for the patient
- Determine the presence or absence of harmful effects on the human body of various household items – Jewelry, Cosmetics, Clothing
- To optimize the course of treatment in outpatient, inpatient, and spa conditions

Medicine Way - Biofeedback & Micro-current whole-body scan - The Medicine Way software can uniquely bio-energetically assess organ and system imbalances. With color coded graphics, areas of stress or bio-energetic imbalance are identified in each organ and system. After identifying the specific health challenges for everyone, a method called Meta-Therapy is used to treat problem areas by giving corrective frequencies to restore cellular harmony so that the body's natural healing can occur. Every cell, tissue, organ, and system of our bodies have resonating frequencies. Much like an orchestra, if one area of the body gets out of tune, it effects that individual's entire performance or proper function. Special sensors inside headphones detect electromagnetic frequency waveforms from the brain. The advanced software decodes, analyzes, and displays the results on our computer screen. The process is non-invasive and free of any radiation. You will be able to see for yourself the analysis and real time results of therapy. It is a safe option for identifying areas of health imbalance (skeletal, nervous, muscular, respiratory, circulatory, digestive, urinary, lymphatic, sensory systems, and hormones) and for making a plan to bring the body back into balance and optimum health. The Medicine Way was designed for research



and educational purposes. No claims are made for the diagnosis or treatment of medical diseases. Results may vary. With Bio-Resonance Scanning, the body's normal frequencies can be evaluated, right down to the DNA, to locate abnormal areas that show stress or malfunction. The analysis can show areas of early stress before symptoms may occur. Common causes of stress that can lead to dysfunction are bacteria, viruses, parasites, and toxins. Accommodations must be made with individuals who have pacemakers, defibrillators, and unstable heart rhythms or are pregnant or under five years of age.

Auriculotherapy - is a technique of using points on the skin of the auricle (external ear) to diagnose and treat pain and medical conditions of the body. Also referred to as Auricular Medicine, practitioners all over the world use this therapy to treat pain, addictions, and internal disorders with excellent results. Whether used in conjunction with another treatment or by itself, auriculotherapy is often effective when other treatments have failed. Best of all, it is safe, non-invasive, and virtually free of side effects.

How does Auriculotherapy work?

Specific points on the ear have been mapped for the treatment of specific problems. These points, when stimulated, often have positive effects on the target area of the body. The exact mechanism by which points on the ear affect other parts of the body is the subject of ongoing research, and several theories are currently under investigation.

What can Auriculotherapy treat?

Auriculotherapy is most used for pain control, addictions and cravings, weight loss, and help with mental or emotional problems. Points and protocols exist for the treatment of many internal disorders as well. Because Auriculotherapy can address any part of the body, nearly any problem can be treated by Auriculotherapy as a primary or complimentary form of care.

Is it painful?

Auriculotherapy is generally very comfortable. If your practitioner uses electrical stimulation, you may feel a mild electrical sensation. Other forms of treatment, like laser, may not produce any sensation at all.

Wellness Pro Plus - FDA Cleared

The Wellness Pro Plus is an FDA cleared device that can help to improve the body's immune system, diminish pain from many causes, balance the energy of the body and help with over all wellness. The use of electricity to treat physical ailments is considered one of the oldest and most documented sciences known.



Includes 2 sources:

TENS (Transcutaneous Electrical Nerve Stimulation)

- Stimulates the body using electrotherapy to block pain signals traveling up the spine to the brain
- Uses electricity and frequencies to aid in the treatment of chronic and acute pain conditions

FSM (Frequency Specific Micro-current)

- Increases ATP (body's own chemical energy) production up to 500%
- Improves circulation and stimulates lymphatic flow
- Restores depleted adrenal function
- Enhances cellular repair and immune function
- Increases "feel good" beta endorphin levels
- Detoxifies the body

This device can be used for many health conditions including back pain, cancer, arthritis, fibromyalgia, Lyme disease, headaches, sports injuries, etc.

Your body's wellness reflects the health, clarity, and flow in your energy field. Our advanced electrotherapy technology allows people to live pain free. By relieving pain, your body can stabilize and maintain a natural healthy energy flow that helps to create a state of physical and mental wellness!!

Personalized & Custom Exercise Plans - Based on your goals, body, range of motion, RMR results, and Biofeedback scan, we will build you a perfectly custom workout plan that is suited and tailored for you to crush your fitness and exercise dreams and aspirations.



For more information and to schedule your consultation today, please call, text or email:

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