



GUIDE TO BETTER HEALTH

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WELCOME

HI, IM MICHELLE!

I am a mother of 2 teenage boys, an Iridologist and Health Coach.

My health journey started a number of years ago after I lost my Mum to Ovarian cancer, then not long after my Father in law. It was at this time I realised I needed to take charge of the health of myself and my family.

So I started researching and making a number of changes in our house. Yes it came with headbutting from my husband and children, but through me changing myself I was able to be the light and show them what health looks and feels like.

So now I am here showing as many people as I can that feeling good and being happy and healthy is achievable.



Much love



MY PROMISE TO YOU

I promise to give you information on how you can feel better and I
guarantee if you choose to work with me you will get results.
I encourage you to gift this to yourself.

7 - STEP START TO BETTER HEALTH

1

AIR

Having fresh clean air is good for you for a number of reasons. It strengthens your immune system, cleans your lungs, makes you happier and is great for your digestive system.

3

WHOLEFOODS

Eating a diet that is wholefood based is very beneficial to you. It keeps you fuller for longer. Eliminating sugars and preservatives from your diet gives you more energy, less inflammation and better digestion.

5

RELATIONSHIPS

Healthy relationships are very important in creating better health. The most important one is being with yourself. So what do you do for you? I know as a mother and wife it's hard to get 'me' time. But this is something I really encourage you to work on.

7

ESSENTIAL OILS

Essential oils have so many benefits to support you and your family. They can help improve your mood, set a positive atmosphere, help promote feelings of calm and relaxation. They are widely known for the use in massages.

WATER

2

Making sure you are drinking enough water is very important as it flushes your body from toxins, reduces headaches, helps with mental alertness and digestion.

EXERCISE

4

Exercising on a daily basis improves your mood, keeps you regular, controls your weight and helps combat against illness and diseases. A half hour walk everyday is all it takes.

TOXINS

6

Eliminating all toxic products from your home is very important for the health of your children and yourself.

The products in your cleaning cupboard and personal care products are all filled with nasty toxins that are contributing to bad health.



LET'S STAY IN TOUCH!

I hope you have enjoyed this short e-book. I would love for you to stay in touch. If you are interested in hearing more about how any of these steps can help support you and your families health please reach out. If you haven't already, like my facebook pages **Elevated Health**, **Elevated by Oils** and join my **Elevated health coaching group**.

*Much Love
Michelle xx*



A HEALTHY OUTSIDE STARTS FROM THE INSIDE

ROBERT URICH

Elevated Health Coaching

WHAT NEXT?



1 ON 1 WELLNESS CONSULTATION

Using Iridology and Sclerology I will look at your eyes to identify areas of your body that need some nurturing and I will also share with you possible generational weaknesses that can be seen. I will then let you know what dietary requirements are best for your eye type that could help eliminate specific ailments.

[Book Now](#)



3 MONTH COACHING

Be guided for 3 months with 1 on 1 coaching.

[Book Now](#)

CLIENT LOVE



"I want to thank you Michelle for assisting me with improving my health further. After having my health assessment with you, I realised that I needed to make a number of changes to focus on areas of my health that I didn't realise had some challenges. Whilst at first it seemed overwhelming, I have slowly, step by step now upped my water to 3L a day with lemon or apple cider vinegar before meals, focused on better whole food snack ideas as you recommended and enjoyed some better focus on walks, prayer and time in the sun as a result of our discussions to support my emotional and spiritual health. I am very thankful for your kind guidance and accountability and I look forward to travelling with you for better health over the next few months."

Jane N

DISCLAIMER

I am not a medical doctor, dietitian, or nutritionist. I do not hold a degree in medicine, dietetics, or nutrition. I make no claims to any specialised medical training, nor do I dispense medical advice or prescriptions. This content is not intended to diagnose or treat any diseases. It is intended to be provided for informational, educational, and self-empowerment purposes ONLY. Please consult with your doctor or physician if you have any questions regarding this whole-foods program, and then make your own well-informed decisions based upon what is best for your unique genetics, culture, conditions, and stage of life.