General Bioenergetics & Wellness:

* Learn what E4L scans for in your body – if you've ever wondered what you'll find out when your body-field gets scanned, contact me to learn more!
* To many, Infoceuticals remain a mystery. Get the basics on how they're made and learn their benefits today!
* Getting energy doesn't get simpler than this. You don't need to eat or drink anything, including caffeine. Contact me to learn how.
* Your body has a battery that must be charged and a control system that no one is talking about. Learn the secrets of charging up and maximizing your use of energy to power a happier, more fulfilling life!
* Trapped in bed. No energy to get out of bed. Read how his life changed. Have you heard the story of Energy4Life founder Harry Massey? Could this be your story?
* Learn about the 'must-have’ device used by a wide range of practitioners, from surgeons, to chiropractors, from massage therapists to holistic health practitioners...see the miHealth in action >> <https://youtu.be/Yml1Icd_BDU>
* Where traditional health fails! Can you get better results from a scan? Blood test vs body-field scan. Doctor vs practitioner. Who has the upper hand?
* Physically. Mentally. Emotionally. TIRED. #tgif - Need a little emotional stress support?
* Get the support you need this year! Contact me to learn how.
* Make sure to get your *\*insert holiday name here\** Feel Good Infoceutical essentials! Chat with me now to get started.
* Did you know we offer bioenergetic recipes, wellness podcasts, imprinted music, documentaries, and other free resources helpful for improving your health! Make sure to check them out in your free Portal account; if you don’t have one, PM me now to get started!
* Seeing an epidemic of stress and fatigue all around you? You are not alone in looking for alternative solutions; especially now.
* A house is not a home without paw prints! 🐾 Did you know there are bioenergetic options for your furry friends? 💛💙
* Sick and tired of being sick and tired? Adopt some healthy habits now with some extra guidance. Contact me now to get your free bioenergetics scan.
* Would you like to know the benefits of incorporating miHealth treatments intro your health protocol?
* Corrective information helps the body return to a more optimal blueprint for health and wellness...
* miHealth: a powerful handheld PEMF & biofeedback device that relieves pain and resets energy blockages in your body.
* Don't be left wondering "what if." Take control of your health today!
* So many ways to naturally support your immune system: optimize nutrition, proper exercise, lower stress levels, reduce toxin exposure, proper information and energy. Where will you begin?
* Do you spend most of your day dreaming about what it'd feel like to have energy again? 💤🔋
* Make a positive change! Nothing working? Want to try something different to support your health? Contact me for a free consultation and bioenergetics scan.
* Is your health one big confusing puzzle? Let me help you get the pieces back together again + find the root cause.
* Immune system reset essentials >> Correct information. Reduce inflammation. Repair damage. Rebuild function. Contact me to look at your unique case and help you figure out how!
* Recovery is a process that takes time and patience. Don’t spend another day waiting to give your health the attention it needs – contact me now to get one step closer to recovering your energy.
* The E4L miHealth improves on standard technologies like TENS, PEMF, and SCENAR to provide benefits like pain relief and helps support energy, relaxation, sleep, circulation, and so much more. Call me now to set up an appointment to discuss adding miHealth treatments to your protocol.
* Feeling a little under the weather? Determine the root cause of your problems at an energetic level, in seconds, thanks to Bioenergetics!
* So many ways to naturally support your immune system: optimize nutrition, proper exercise, lower stress levels, reduce toxin exposure, proper information and energy. Where will you begin?
* What do you do to keep your energy levels up on a Monday? (Hint: one isn't an ideal answer) A. Get plenty of quality rest the night before. B. Stay mindful/have a healthy mindset. C. Eat healthy, nutrient-rich foods. D. Proper energy support + Feel Good Infoceuticals. E. Plenty of oxygen through exercise, posture, and proper breathing F. Ignore the problem and cover up exhaustion with caffeine.

General Choice Point/Free Course:

* In energy medicine, bioenergetics, and other holistic modalities, we take a deeper dive into the fact that emotional distress often manifests as physical illness. What have you done lately to aid in your emotional immunity and care for your mental health?
* Can your thoughts really have that much of an influence on your health and well-being -- in both a positive and negative way? Learn more about emotional immunity and the power of your mind.
* After recent hard times, I’m really excited to be able to offer all my clients a way to further their healing process. Contact me to take the entire 18-part Choice Point course for free; a purpose-filled journey you don’t want to miss!
* As things continue to open up, there has never been a more significant time to focus on transforming yourself to boost your own Emotional Immunity and that of those around you! Contact me to take the entire Choice Point course, for free!
* So often, we focus on the physical aspects of healing, completely overlooking the mind and body connection. Adjust your focus by contacting me to add the entire Choice Point course to your healing journey, for free!
* The significant crisis we have undergone could cause our emotional immunity to be at an all-time low. Will you choose the love of power or the power of love? Contact me to take the entire Choice Point course, for free!
* We’re currently in the middle of a Global Choice Point, where the choices we make today, will not only affect each of us individually, but also the world at large. Are we changing ourselves or just blaming others for where we are going? Contact me to take the entire Choice Point course, for free, and change the direction you’re headed!

*\*The free Choice Point course also has hundreds of quotes that made for great additional content such as a “quote of the day,” “thought of the week,” “motivation Monday” post, etc.*