

# **Strong Spirit Holistic Health &/or Discover YOUR Personal Medicine Coaching Special Offer**

## **The Offer:**

To participate in either the **Holistic Health Coaching**, or the **Discover YOUR Personal Medicine Coaching** Protocol at a greatly reduced rate ~ &/ or by donation ~ in exchange for your feedback, reviews and testimonials.

## **Who Would Benefit:**

I am especially looking for those who desire help with any of the following:

- Habit change ~ overcoming sugar cravings, smoking cessation, and/or other health and lifestyle habits that are negatively impacting or limiting your life
- Desire to get from Point A, where you are, to Point B, where you really desire to be, such as accomplishing a goal including weight loss, or any other personal / professional / financial / relationship goals
- Freedom from insecurities, emotional triggers, unresolved emotional wounds
- Those who are highly empathic, sensitive, and/or introverted that are experiencing challenges trying to cope
- All those who feel like a round peg trying to fit into a square hole, and/or do not resonate with standard approaches to life, marketing one's profession, or other common cultural roles and narratives
- Those who tend to get easily over stimulated, then withdraw from the world
- Anyone who feels unclear about their purpose, gifts, or 'personal medicine'

## **What You Will Receive:**

- **(4) Hypnotherapy/Holistic CORE Counseling Sessions** ~ consisting of (1) First Visit (60 Minutes) and (3) Follow-Up Visits (45 Minutes each) ~ either in person, or by phone

- A 32 minute guided visualization set to beautiful Nature scenery for you to listen to, and receive the instructions while allowing the waterfall to clear away limiting beliefs and obstacles to realizing your goals, reset your neurochemistry and harmonize your energy to align with a future version of yourself that you will meet that HAS realized your goals
- **(1) Special Energy Clearing & ReHarmonizing Session** for those following the Discover YOUR Personal Medicine Track & possibly for those following the Holistic Health Coaching track if deemed appropriate ~ typically by phone
- **Ability to contact me via email with questions/help** with processing challenging emotions or issues that may arise
- **Email/Newsletter** with surveys, and/or suggestions, recommendations, words of encouragement, etc. ~ probably 1 per week, but that may change
- ***The 30-Day Hypercarnivore Health Challenge*** e-book for those taking the Holistic Health Coaching Package, and who do not already have it
- **A Personal Medicine Reading** ~ Specifically for the Discover YOUR Personal Medicine Coaching Package ~ and includes photos and a write-up of 1-3 animal guides that are drawn for each individual to provide a message, insights, and specific attributes that reflect your own strengths, as well as what areas could use boosting

## **What I Would Like in Return:**

- Your full commitment to follow through with the process, and give it your all ~ I understand that our schedules and energy levels fluctuate every day. What I am desiring is for you to do your best to create the space and time to listen to the guided visualization as often as possible, and be prepared to answer a few questions each week throughout the process. It's a fine balance sometimes to determine when to push, and when to surrender. What I most want to encourage is becoming 'impeccable with your word' as Don Miguel Ruiz outlines in [\*The Four Agreements\*](#).
- To complete the in-person, or by-phone sessions in 6-8 weeks, with my remaining available for Check-Ins via email or text for 3 full months.

- Your testimonials to add to my website, especially including before and after photos if you lost weight or had a visible physical transformation
- While I would prefer to sell my books directly to you, I could really benefit from Amazon reviews, which would require purchase of my books through Amazon ~ ***[The Strong Spirit Self-Empowerment Plan](#)*** for anyone, no matter which coaching package, and/or ***[The Trust Your True Nature Low-Carb Lifestyle](#)*** for those following the Holistic Health Coaching package (which is available on ***[Kindle](#)*** (with pictures - \$5.50) and ***[Kindle without photos - \\$2.99](#)***
- Feedback at the end with what worked well, and suggestions for how it could be improved. I will make this as simple as possible, and provide a survey for which you can print and fill out, and either return via mail or scan it, or write out in an email
- An estimate of what you believe the process was worth, or in other words, what do you believe would be a fair price that is affordable, and reflects the value of what you feel you received
- Subscription to my newsletter on my website so that I can send any extra information, tips, suggestions, surveys, etc. I also need emails in order to share the Guided Visualization from Youtube as it is set up as a Private video.

## **What else?**

- While I am including a copy of my book in my current coaching special offers ~ ***[The Strong Spirit Self-Empowerment Plan](#)*** is included with the Personal Medicine Coaching Special, and ***[The Trust Your True Nature Low-Carb Lifestyle](#)*** is included in e-book format for the Holistic Health Coaching Special Offer ~ for those who have been selected to do the Special Offer by donation, my request is to purchase my book directly through Amazon so that you can legitimately leave a review which very needed, and greatly appreciated!!!
- If doing the Holistic Health Coaching Package, If you **can** purchase my book (either paperback, or Kindle) and still want an electronic copy, I will be happy to send it.
- I highly encourage purchasing an 'Experience Pack' of exogenous ketones, especially for those who desire to either lose weight, and/or overcome food or other addictions. Exogenous ketones suppress appetite, reduce inflammation, reduce cravings for sweets, and improve moods, mental clarity, focus, and productivity. The 1-4-3 oil blend helps improve cognitive function, memory and

recall. The Experience Pack includes a variety of the charged (caffeine equivalent of 1 cup of coffee) and caffeine-free flavored ketones, plus what is available of Keto Sweet Kreme, Keto Bone Broth (which contains collagen + ketones), and the 1-4-3 special oil blend ~ as per availability. One-half packet is often good per serving to start. The typical pricing is \$35 for 5, \$60 for 10, (not including the oil packet) plus \$5-10 shipping. I will be create a special pack at the best rate possible for those participating in my special coaching packages

- Donations are greatly appreciated at the end, but only as per what feels appropriate and comfortable for you to give from your heart.
- I will extend a \$10 discount on all of my 45 minute or 60 minute services for the remainder of 2019. I will extend a \$5 discount on all 15 minute Check-ins.
- If you do make purchases for other recommended books or goods via Amazon, and you can do so through my links, that is also greatly appreciated!

As of 4/6/19, I have 2 people slated to begin the Holistic Health Coaching Special by donation, and possibly 2 people interested in the Discover Your Personal Medicine Coaching Package, by donation.

If you have not yet spoken to me about the Special Offers being made by donation, and are interested, I will be happy to take a couple more that may be living at a distance that can work with me remotely/by phone &/or Skype, or possibly Zoom. Please email me at [tracym31@icloud.com](mailto:tracym31@icloud.com) if you are interested. If I have more people showing interest, I can perhaps still extend a special discount on the package as outlined on my website.

Please read the pages for the special package you are interested in:

- [Holistic Health Coaching Package](#)
- [Discover YOUR Personal Medicine Coaching Package](#)

I am also currently offering specials for some of my single services, including the hourly [Health Coaching, and a sample of the Energy Clearing & ReHarmonizing](#)

**PLEASE NOTE:** I am still revising the above pages, but they outline what the Special Coaching Packages entails, with links to pages that describe the individual services in greater detail.

I WILL BE OUT OF TOWN FROM APRIL 11-19. WE CAN SCHEDULE PRIOR, ON EITHER MONDAY OR TUESDAY, 4/8-9, OR AFTER I RETURN.