Empowering Healthy Habits Into Action!

Support for: Herbal Remedies • Organic Health + Beauty • Yoga • Meditation • Reiki • Paleo + Vegetarian + Dairy-free + Gluten-free Diets

“Working with Heidi at Happy Well Lifestyle I lost over 80 pounds and got my life back!”

— Ellen B.
Lack of energy or fatigue? Can’t sleep? Bloating, gas, or digestion issues? Chronic aches and pains?

Can You Relate...? These are NOT “Normal signs of aging.” These are signs your body is out of balance...

Scientific research concludes 85-95% of ALL diseases are preventable or reversible with diet and lifestyle modifications. **Great news...**

This means **YOU HAVE THE POWER** to restore your own health and wellness! Work with me today, to **Kickstart Your Health** and learn...

- Understand food cravings, kick your sugar habit, **lose weight and feel great!**
- Discover what may be zapping your energy and **restore your energy!**
- Explore underlying causes of your sleep issues and **get a better night's sleep!**
- Clean up your gut microbiome and **boost your immune system** at the same time
- Detox your health and beauty routine for a **radiant glow**
- Clean out your pantry, fridge, and household cleaners for **optimal health**
- Incorporate **healing foods and herbs** into your home-cooked meals
- Learn **stress-reducing techniques** like breathing exercises, meditation, and yoga
- Discover how relationships, career, finances and lifestyle can affect your **overall health and wellness**

Schedule your **complementary Kickstart Your Health** session!

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Happy Well Lifestyle
Heidi Hackler, CHHC, RYT
+1.206.683.6045
info@happywelllifestyle.com
https://happywelllifestyle.com

Facebook: /happywelllifestyle
Instagram: @happywelllife