

Happy Well Lifestyle

Empowering Healthy Habits Into Action!



“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?**

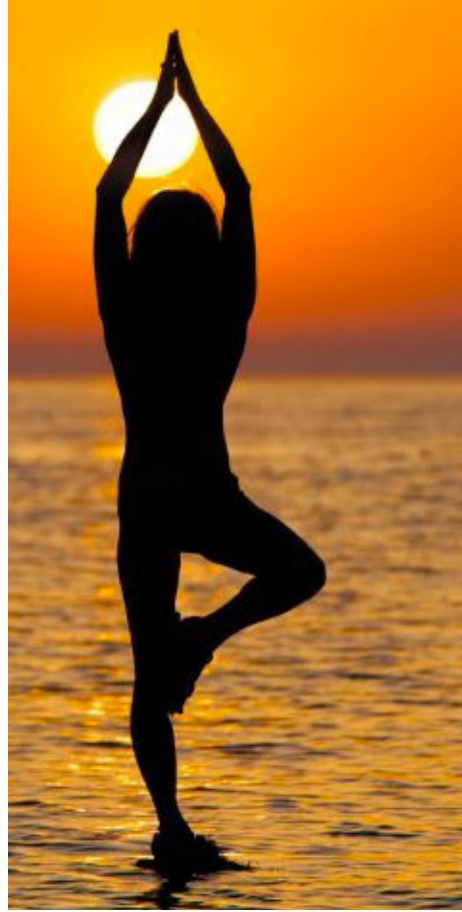
Can You Relate...? These are NOT "Normal signs of aging." These are signs your body is out of balance...

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!



Happy  **Well Lifestyle**


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