

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.

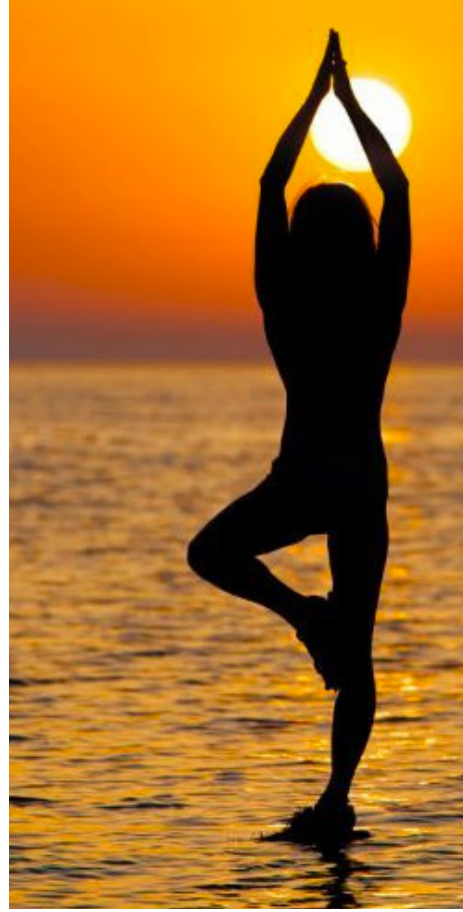




How Can a Health Coach Help You?

- Understand your food cravings, kick your sugar habit, loose weight and feel great
- Discover unknown food allergies and sensitivities including wheat, gluten, dairy and other common allergens
- Increase your energy by eliminating underlying causes of fatigue
- Boost your immune system by cleaning up your gut microbiome
- Detox your health and beauty routine for a radiant glow
- Clean out you pantry, fridge, and household cleaners for optimal health
- Incorporate healing foods and herbs in home-cooked meals
- Stabilize or lower your blood sugar
- Learn stress reducing techniques like breathing exercises, meditation, yoga, Zentangle, and more
- Integrate healing modalities such as Ayurvedic wellness, herbal medicine, acupuncture, massage, sound healing, and Reiki for whole health
- Discover how relationships, career, finances and lifestyle can effect your overall health and wellness

Contact me to schedule your complementary wellness strategy session today!



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