



Healing in its purest form is free and accessible to all. It is our birthright.

It's most common in our culture to trust the healing of our bodies to a doctor or therapist, and certainly we benefit greatly from the skill of so many people who are experienced in helping to relieve suffering and guide us back into balance.

However, there is an aspect of healing that is highly personal, highly effective, and yet remains a complete mystery. I say it's our birthright because I'm thinking about the amazing things we all did before, during and after birth. We transformed from an egg and sperm to a zygote to a small being resembling a tadpole to a creature with webbed hands and feet and finally to a tiny human.

All your life you have been healing. Every time you scraped your knee, twisted an ankle, jammed your finger in a door, caught a cold, you healed. You didn't have to will yourself to be well. You didn't have to employ any special techniques or take special herbs or supplements. Your body just healed.

So what has happened for us between the self-regulating, self-balancing, self-healing point in our lives and the point where we need medications, supplements, herbs, various therapies to get better? What factors interfere with our innate ability to balance, heal and transform ourselves?

There are so many factors it's hard to even know where to start! I'm gathering together information about as many of those factors as possible here on my website, so that you have more of the resources and information you need on your journey toward health. I'm also making myself available as an experienced healthcare provider to help and encourage you as you sort through those factors in your life.