

Cindy Hebbard

Certified Community Herbalist & Wellness Educator

Cindy is an herbalist, having studied herbalism, nutritional wellness, shiatsu and holistic healing for nearly 35 years.

“Over the years, I have searched for answers and healed myself from the grasp of several auto-immune conditions, including juvenile rheumatoid arthritis, multiple chemical sensitivity, chronic fatigue, eczema, psoriasis, acid reflux, IBS and fibromyalgia.”

“I now provide wellness education through private or family consultations, cooking classes, lectures, herbalism workshops, 6 Months to Wellness programs, and on my website. I am not a healthcare provider, and therefore, do not diagnose, treat, cure or mitigate disease. I can educate students and consultation clients about foods, herbs, supplements and lifestyle practices so that they may help their own body, mind and spirit to recover from harm; to detoxify, rejuvenate, revitalize and re-energized.”

www.WisdomOfHealing.com

Additional Services

- Ayurvedic Therapies
- Reflexology
- Lomi Lomi
- Facials & Waxing
- IPL Laser Hair Removal &

Skin Rejuvenation

- Massage
- Event Makeup
- Energy Therapies / Reiki
- Health & Nutrition
- Workshops
- Intuitive Readings

Cancellation Policy

A 24- hour cancellation notice is required on all services. Those failing to cancel in advance or not showing will be charged the value of the missed service

Returned check fee is \$25.00

Nutritional Wellness Consultations



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People have practiced simple, gentle cleansing of the body's internal organs, tissues and cells throughout the world for all of recorded history. In the last 115 years, with the developments in western allopathic medicine, our culture has moved away from using foods, herbs, breath/prayer and other natural practices to maintain good health and a sense of wellbeing.

Here is a **partial list** of symptoms, conditions and degenerative diseases that have been shown to be helped over the centuries through safe, natural periodic cleansing and simple daily detoxification practices:

- o Acne
- o Allergies; sinus, tactile, digestive, hives, etc
- o Alopecia
- o Alzheimer's disease and other dementia syndromes
- o Anxiety
- o Arthritis
- o Asthma attacks
- o ADD /HD (attention deficit)
- o Body odor (foul)
- o Brittle nails
- o Chronic constipation
- o Chronic digestive disorders

- o CFS (chronic fatigue syndrome)
- o Chronic infections
- o Chronic respiratory issues
- o Chronic weakness
- o Cirrhosis of the liver
- o Crohn's disease
- o Depression
- o Drug /food addiction
- o Eczema
- o Fibromyalgia
- o Gallstones
- o Gout
- o Gum disease
- o Hair loss
- o Halitosis (bad breath)
- o Headaches
- o Hot flashes and night sweats
- o Immune disorders
- o Insomnia
- o Irritability
- o IBS (irritable bowel disorder)
- o Kidney disease
- o Kidney stones
- o Low blood sugar
- o Memory loss
- o Migraines
- o Mood swings
- o Muscle aches / pain
- o Obesity
- o PMS
- o Parkinson's disease

- o Psoriasis
- o Rashes, itching (chronic discomfort under skin)
- o Sinus pain (drip, irritation, sinus headache, etc)
- o Ulcerative colitis
- o Ulcers
- o Weak bones
- o Weight gain (excess)
- o Weight loss (excess)

Accumulating toxins may affect just about any region of the body or mind as the incomplete list above shows. Properly cleansing the debris from the body's organs, tissues and cells allows the body to find its center, restart nutrient utilization and resume a better working order. Rejuvenated organs and cells offer us more energy and vitality as well as a sense of inner peace and calm. This can lead to more restful sleep, a lift in spirits and a release from chronic pain and discomfort.

In addition to the workshops that Cindy teaches, she is available for private and family consultations, by appointment only.

90 Minute Session.\$95
Series of 3-90 Minute Sessions..... \$250
Series of 5-90 Minute Sessions..... \$425