

Married (15 years) and mother of 2(14-year-old boy and a 11-year-old girl), I am your typical mom . I don't think so !



I have lived on three different continents (10+ years each so I consider myself as a child of the world).

My health journey started when I was 15 and suffered from severe headaches that I was managing with high doses of medication prescribed by my dad, a medical doctor. The headaches went away after a workshop on positive thinking and relaxation. My curiosity for the healing arts started then and it's still very present today, I have always enjoyed meeting health practitioners and learning more about their skills. Incorporating some of their knowledge experimenting on myself and my family. Very early in our couple's life it made sense to be as natural and healthy as we could, educating ourselves as the road took us.

In 2001, newly graduated from chiropractic school and I moved back to France with my soon to be husband Burton, to practice chiropractic in a private office. My interest in chiropractic has always been more toward emotions, energies, mental.

I did love learning how the body is connected through the nervous system. Chiropractic school is where I learned that I can touch and stimulate the body very specifically to release tensions (physical, emotional and mental) helping the body to function better, to be more efficient. Very early I understood that the more specific I was the most changes I made, and how to create easily long lasting results using our bodies' natural abilities. The link between emotions, the Mind and the body always fascinated me.

It does make sense that you want a body that can sustain and enjoy high energy to experience them plentifully.

We practiced in France for over 12 years. I specialized in an energetic work called Network Spinal Analysis (NSA) and I also trained as an ADHD wellness expert, I also continued educating myself through different energy work, positive thinking and relaxation techniques. I am also a trained and certified Health Coach as I think nutrition is so important.

I am here to offer you guidance to a more natural health approach, a healthier diet composed of fresh and whole food, quality of time, simplicity, love and bonding moments....

Born and raised in Africa the first 10 years of my life I learned at a young age that what is most important in life are the simple things looking at those African kids running around playing happily with their homemade toys with dirty rags on.

When my parents divorced, I moved to France with my mom and my brother but continued to visit my dad who was still working in Africa and different countries. My vacation and now my memories were filled with Safaris, diving trips to the Red Sea, boating, dolphins, visiting remote villages of aboriginal culture where you felt like you had experienced a “back in time” travel.

Everything I felt, saw, and experienced during that time made me realize that I can't complain. Life is good and I could make the best of whatever situation I was in.

And yet at times, I have felt depressed, lost, overwhelmed with what to do in my life... I am thankful that every time someone, my spiritual guide, my mom, a friend, a mentor or my husband was there to help coach me and guide me in the right direction.

Raising my two children in France with the focus of being as natural and as healthy as possible, and to teach them healthy habits was and still is my desire. From growing a vegetable garden to choosing a lifestyle that supports health, well-being, positive thinking and individual empowerment, I challenged myself and my family to create the life of our dreams.

Today we are back in the states with my husband and his family sharing and multigenerational and multicultural house with his parents. I still focus on being as natural and healthy as I can. I found it harder here first because of what we find in the store especially when we are not educated to read labels. The food industry mess with us to make us eat more and more. Our kids are getting sick from the environment, the food and the lifestyle we are offering them.

Let me help you find your way, find the unique solutions your family needs to create the life of your dreams without worries.