

About Me

The Medical System Couldn't Help Me... Here's What I Did Instead

As a young girl I was full of life. Born in Mexico to loving parents who encouraged me to travel, I was part of a big family with 15 aunts and uncles (Mum has 7 siblings and Dad has 8!)

I wanted to travel the world and I loved meeting people from different cultures, beliefs and ideas. Most of all I wanted to study medicine. I was fascinated by anatomy and physiology, the herbal medicines at the markets and with helping people, but as a young woman I was discouraged from studying medicine. One time I was invited by a doctor to spend a whole day with him but I was so disheartened by the lack of care shown to the patients that I began to doubt my choice.

I studied engineering instead, joining the paramedic group at university to satisfy my passion for helping others, and when I returned from my studies in the UK the worst thing in the world happened.

My sister was diagnosed with cancer.

Over two years her health vanished in front of her eyes. The only thing worse than the side effects of chemotherapy were the attitude of the doctors, who were cold and uncaring.

When she died I tried to be strong for my parents and my brother, putting on a brave face to my family and then crying when I was alone.

The headaches which I had endured when I was a child began to get worse, turning into migraines which would shut me down. The doctors said there was nothing wrong and advised me to live with the pain or take strong medication with side effects. I refused.

I also suffered from eczema to the point where I was too embarrassed to leave the house. The only suggestion from the medical system was cortisone, which I again refused due to the side effects.

Finally I was diagnosed with Grave's Disease - an autoimmune disease that affects the thyroid. The doctors told me I would be on medication for the rest of my life...

I Decided There Must Be Another Way

At this point, all of my studies in spirituality, energy and natural healing told me there must be a different way. If my body was capable of producing these symptoms, it was capable of healing them as well.

I found a naturopath who talked about digestion, toxicity and its effect on the body, and after learning more I could feel the truth of this information vibrating in my body.

I decided to take an extended fast, change my lifestyle and remove all of the chemicals in my home.

After 37 days all my symptoms disappeared. I felt full of energy again. People told me how great I looked, and the best thing was my blood tests showed my thyroid was working normally.

After 20 Years Of Searching I Had Found A Way To Heal Myself Without Pills, Medications Or Chemical Side Effects.

Combining my passion for healing with my natural love for people, I set about studying everything I could in the field of natural medicine.

Today I am a certified Tolman Health Coach trained in nutrition and iridology. I have a PhD in Occupation Health and I'm a hypnotherapist and NLP Master Practitioner.

I guide and teach other people the things that I wish I had known 20 years ago through my 1-1 consultations, my signature program 9 Weeks To Heal & Thrive, and my Heal & Thrive Intensive, which combines my teachings and group coaching with intensive 1-1 support.

I help people remove stress, detox their bodies, nourish themselves properly and I support them as their symptoms leave, their health improves, and their energy and joy for life returns.

I have transformed the health and the lives of 100s of people.

Are you ready to transform yours?

Here's how you can begin the journey:

1-1 Consult	9 Weeks To Heal & Thrive	Heal & Thrive Intensive
<p>We'll get the chance to spend time together and identify:</p> <ul style="list-style-type: none">+ The real cause of your symptoms+ Your genetic weaknesses and strengths+ How to prevent dis-ease in the future+ The 7 vital steps to start your healing journey+ 2 keys areas that need your love and support right now <p>The most loving gift you can give</p>	<p>My 9 week signature program designed to:</p> <ul style="list-style-type: none">- Eliminate toxicity (physical AND emotional) from your life- Create beauty from the inside out- Biohack your body for health, wealth and happiness- Reset your mind, body, emotions and energy- Heal your symptoms- Start living the life you love and deserve	<p>For the individual who benefits from close support and tailored guidance.</p> <p>This programs covers everything in the 9 Weeks To Heal & Thrive, plus the following:</p> <ul style="list-style-type: none">- 1-1 weekly coaching calls with Dr Teresa- Personalised fasting and nutritional protocol- Personal support and access to direct messaging with Dr

yourself today is a 1-1 consult with Dr Teresa.	<p>Recreate your health and your life with the support of a beautiful community. You are not meant to heal alone.</p> <p>Are you ready to heal your body and change your life forever?</p>	<p>Teresa</p> <ul style="list-style-type: none"> - Personal breakthrough sessions - The Ultimate Consciousness Journey
For more info Click HERE	Yes I'm Ready Click HERE	Are you ready to Heal & Thrive? Click HERE

Or book a 1-1 Healing Empowerment Call with me using this link:

[FREE 30 minute Healing Empowerment Call]