

## CLIENT TESTIMONIAL

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*Let me start off by saying I have been suffering from chronic headaches for as long as I can remember! I was never aware of the differences between food sensitivities and allergies, let alone know that sensitivities even existed or was a real thing! Since working with CJ I have learned so much about this, as well as being more intuitive around my body. I've learned to be more aware of the things that trigger me to be puffy and bloated, vs. feeling good, and it makes such a difference! CJ has been so helpful with guiding me on navigating nutrition around my food sensitivities, and so far I'm down 10 lbs. I have more energy and have not had a headache since staying committed to these lifestyle changes and eating around my body's specific needs. I think what was most helpful about this whole program was having someone to help hold me accountable through out it all and someone to check in on me weekly to make sure I was sticking to my goals. I would 100% recommend CJ as your wellness coach!*

-Annamarie M.

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*Since doing the frequency therapy with CJ and listening to my audio files daily I have felt so much more calm, relaxed, and balanced! It even helps manage my back pain which is an added bonus!*

-Nicole W.

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*CJ has changed my life for the better in so many ways. I'm so grateful for her and all that she has helped me achieve.*

-Stacey J.