Her holistic approach focuses on addressing the root causes of health issues rather than simply treating symptoms. Julia's passion for helping others and her own personal journey with her daughter's health challenges have fueled her dedication to finding effective solutions for her clients.

With her extensive training and specialization in Mastcell related diseases, Autoimmune conditions, Neurodevelopmental Disorders, and Chronic Lyme Disease protocols, Julia is equipped with the knowledge and expertise to provide comprehensive assessments and personalized treatment plans. Her Initial Assessment includes thorough food chemical and environmental allergy testing to identify non IgE-mediated allergic-type responses and common allergies, which can greatly contribute to understanding and improving inflammatory and chronic pain conditions.

In addition to her expertise as a Classical Naturopathic Kinesiologist, Julia is also a Reiki and Spiritual Healer. She believes in the power of vibrational remedies, such as Homeopathy, to complement conventional medicine and enhance overall well-being.

If you're seeking a holistic approach to your health concerns, Julia is here to help. Schedule a consultation with her today and discover the potential for true healing and transformation. Your journey to optimal health starts here.

To read more about how Kinesiology works and her clients responses to it, please visit Julia's website www.thesimplewaytohealth.com

Disciplines: Touch For Health Naturopathic Kinesiology Reiki Spiritual Healing

Languages: English

German