

My health freedom matrix

Healthful Elements is a coaching practice focusing on **autoimmunity**



I authored a bestselling **immune health** cookbook under Blue Wheel Press

Health freedom is crucial, as jabs can cause **autoimmunity**



Reversing Alopecia and parenting books coming

Empowering health practitioners and parents to stand up for health freedom; school districts need to **butt out**



THE **PROTECTIVE PARENT COALITION**

www.healthfulelements.com

www.thyroidcookbook.com

www.coachesforhealthfreedom.org

www.protectiveparentcoalition.org