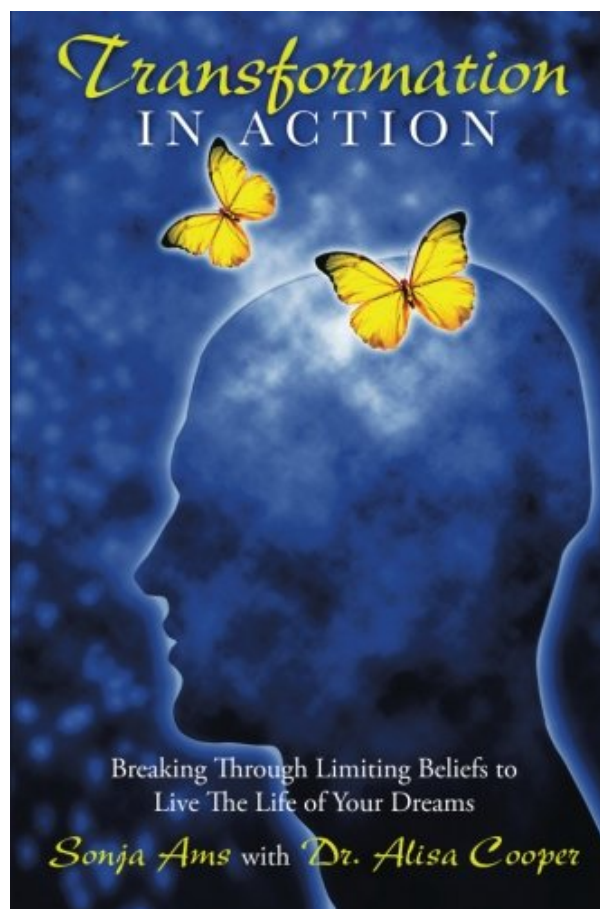
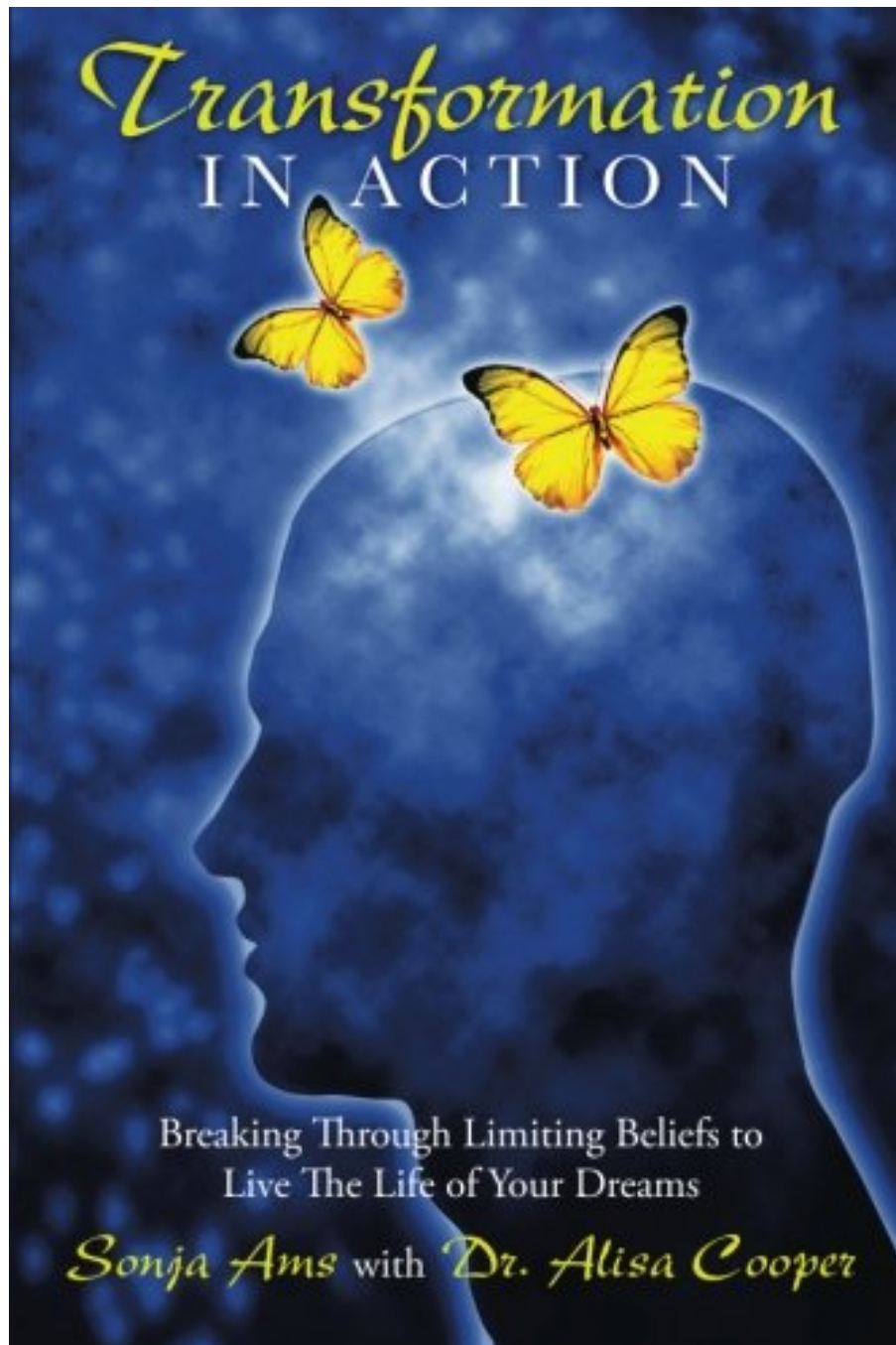


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Dr. Alisa Cooper is a chiropractor, certified clinical nutritionist, and certified EFT practitioner with a penchant for writing and editing. Dr. Alisa has been passionately educating and helping others achieve optimal wellbeing for over two decades.

Sonja Ams is well entrenched in the natural health and energy medicine arena. She is certified in NLP, Hypnotherapy, Law of Attraction and is an EFT practitioner. Asserting that healing begins in the mind, Sonja incorporates these mind/body techniques by bringing her clients integration and balance.

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