

WMF Wellness Paradigm™

Biology of the Body

Organs
Body Systems
Microbiome

Quality Life Style

Food as Medicine
Exercise & Active Lifestyle
Mindfulness &
Being Fully Present

The Mind & Belief System

Letting Go Process
Retraining the Brain
Being Fearless

Energy & Social Connection

Quantum Mechanics & Chakras
Environmental Surroundings
Functional Relationships

Physical & Mental Stress

What exactly is it?
How do I manage it?
How does it effect my health?

Emotional & Spiritual Health

Resolve Emotional Hurts
Resiliency & Re-Action
Understanding the Self



A holistic approach to nurturing the mind, the body, and the soul.