Georgie Holbrook is a national speaker, emotional wellness coach, and author. For 20 years she has received national recognition in helping individuals and families discover vibrant health and fulfilling lifestyles. She examines the underlying needs of the human body, making the connection between our running on ‘empty emotionally and nutritionally’ and our physical health challenges. Georgie has taught in universities, colleges, hospitals, businesses, churches etc. across the U.S.A. She has been an instructor at 3 massage schools.

Georgie is the author of Joy-Full Holistic Remedies, How To Experience Your Natural Ability to Heal. CD titles include: Emotionally Heal Your Body, Colon Health & Emotional Health, Healing Rosacea & Other Health Challenges, TV Talk Show On Solving Health Issues, Missing Piece Of The Nutritional Puzzle and Issues In Your Tissues.

Her book and CDs are available on her web site, all of which contain insights and personal stories of how various individuals have solved their own complex health and lifestyle challenges by finding the underlying causes of those disorders. Her healing articles have appeared in numerous national magazines.

Georgie enjoys teaching others a ‘whole person approach’ to wellness evaluating where you are in the present and where you want to be in the future. She teaches others to enjoy both health and happiness.

SERVICES OFFERED FOR INDIVIDUALS OR GROUPS

Customized Wellness Programs and Health Evaluations

Foot Reflexology, Cranial Release (Head Massage) and Deep Relaxation Therapy - notice profound shifts within yourself as you ‘release stress and exhaustion’ allowing you to start living calmer with increase energy. This includes meditative guided imagery to recognize and appreciate your body.

Auto Immune and Other Health Challenges such as - Fibromyalgia, Arthritis, Fatigue, Diabetes, Hot Flashes, Roller Coaster Mood Swings, Adrenal Exhaustion, Sinus, Allergies, Lung and Skin Disorders etc. Learn about prevention and the mutual cause behind these random symptoms and what you can do to empower yourself.

Preventing Breast Cancer - natural solutions - information for women of all ages.

Why Weight? - Emotionally and nutritionally heal your weight and other issues. Empower yourself and your future. Now a complete program that dramatically improves your health and looks - and other health challenges.

Recovering from Sexual Abuse and Trauma - Discover how to be set free so your body doesn’t tell your story in endless physical and emotional symptoms. If memories of past hidden hurts keep you stuck, find safe support and healing answers.

Colon Care - Discover how to prevent prostate, colon and breast cancer, allergies to arthritis, by having a healthy colon. Learn how to do a colon self-test and stay symptom free.

Does Anger and Rage Impact Your Life? - discover what is underneath this inner raging voice and learn new tools finding freedom from re-acting hurtful to others and life.

Emotional Wellness Training - how emotions manifest in physical health challenges and can be reversed. Heal your hidden hurts and learn how to live emotionally happier and healthier.

Dogs and Cats - natural remedies for your animals regardless of age.

Finding and Living Your Passion - start living ‘your un-lived life’ and create your heart desires.

Wellness Training Workshops - for those who want to teach or add this training to their existing practitioners skills.

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