



VIBRANT HEALTH

By Linda Clark MA, CNC

with Jean Hilton MA, CNC

FOUNDATIONS OF HEALTH FROM THE PERSPECTIVE OF A CLINICAL EXPERT AFTER TWENTY YEARS OF PRACTICE.

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Forward By Jean Hilton

I first met Linda in 2017 when she identified a key enzyme deficiency for my daughter.

Since then, It has been my pleasure to study with her, work for her and to learn from her vast nutritional wisdom.

Linda has changed hundreds if not thousands of lives for the better during her clinical years.

She has a thirst for knowledge and a passion for helping others that I have not seen anywhere else.

I believe these reflections are pivotal in any quest for long-term wellness.

Enjoy!

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"No matter your health issue, have faith that your body will heal! Trust that your body has a great capacity for health and healing. Be willing to do whatever it takes to unleash your own personal healing potential.

Change your diet, change your perspective, change your lifestyle, change your relationship to yourself and to others. Be willing to let go of what doesn't serve you. Seek the advice of health professionals who are willing to look more deeply into the underlying causes and triggers of your health issues.

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Be curious about your health and be willing to learn about your health. Most of all, take a courageous stand for your health, in spite of what others think you should do. Create healing relationships with yourself and others. Know that healing may take time, and be willing to be tenacious."



TOP SIX

Words of
Wisdom
for Healing



1. IF THERE IS A DIAGNOSIS, ACCEPT IT WITHOUT FEAR.

Understand that you will need to change your life in order to heal.

Accept that you may never get back to your "old life' and that is okay.

Take heart that you will have a new, more vibrant life.

Welcome those changes.



If needed, eliminate foods that may be triggering your symptoms.

Gluten and dairy in particular need to be removed from your diet for good.

Be willing to go further and rid all allergenic and inflammatory foods from your diet - at least until your symptoms subside or disappear.

2. HEAL YOUR GUT AND NOURISH YOUR MICROBIOME.

Whole, natural food is your medicine.

Allow your cells to take in the nourishment of foods that are naturally grown and free of man-made chemicals that can cause harm.



Seek the assistance of qualified health professionals who can provide you with appropriate tests to determine any hormonal imbalances and nutrient deficiencies.



Health is created by your daily choices.

Sleep, food, water and physical activity form the foundation of your health as well.

Reframe your life into one in which you embrace health rather than fight your illness.



Enroll your
family, friends
and associates
as allies
in supporting
and encouraging
your healthy choices.



Taking high-quality and targeted nutritional support is essential for your individual health concerns.







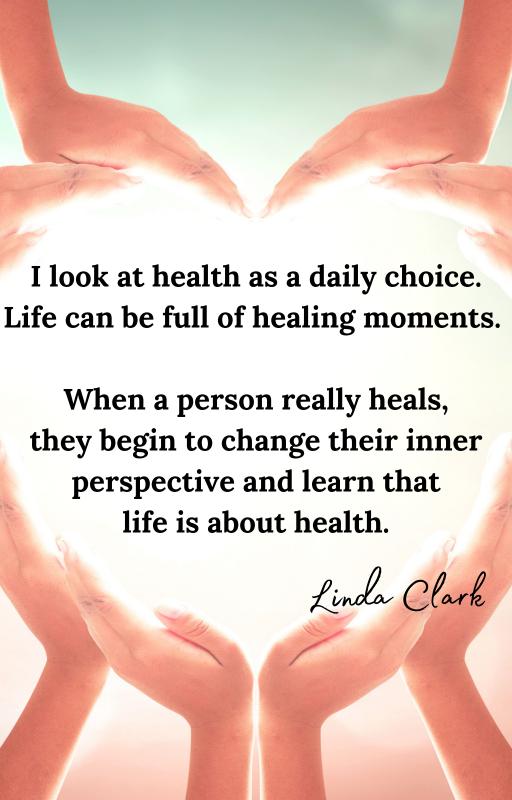




When feeling cravings, drink a glass of water first to see if thirst is the underlying drive.









Because I have lived through so much of what my clients are experiencing,

I am able to have greater compassion for their suffering and to have a greater understanding of what has led to their health issues and how to support them to make the changes necessary to improve their health.



I have found my true
passion and am able to joyfully
indulge my love for learning
and for sharing
knowledge.

I can honestly say, with confidence, my life work is to educate and serve others.

I have the great privilege to do that every day and in my own way.





For further support, join our on-line Detox 360 course.

A simple choice with abundant health benefits.