

VIBRANT HEALTH



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

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By

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with Jean Hilton MA, CNC

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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!



"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.
ly periodical publications

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."



Linda Clark's

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.



2. HEAL YOUR GUT AND NOURISH YOUR MICROBIOME.

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.



3. NUTRITIONALLY SUPPORT YOUR IMMUNE SYSTEM.

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



4. CHOOSE HEALTHY OPTIONS DAILY.

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.



5. ASK FOR SUPPORT.

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



6. Supplement Strategically

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



Linda's Daily Habits for Health

APPROACH YOUR
WORK AND
RELATIONSHIPS
WITH
JOY AND PASSION!



A woman with curly brown hair is sleeping peacefully on a blue surface, possibly a bed or couch. She is wearing a light blue tank top and has her hands clasped near her face. The background is a solid blue color.

MAKE TIME TO GET ENOUGH
SLEEP.

Seven to eight hours is not
indulgent,
it is imperative for healing.

A woman with curly hair is shown from the chest up, wearing a light blue turtleneck sweater. She is holding a clear glass of water in her right hand and a small white pill in her left hand. The background is softly blurred, showing a warm, glowing lamp on the left. A semi-transparent blue overlay covers the middle of the image, containing white text.

SUPPLEMENT STRATEGICALLY AND DAILY TO SUPPORT THE AREAS OF YOUR HEALTH THAT NEED ATTENTION:

- Thyroid, brain
- Adrenal glands
- Hormones
- Immune system
- Mitochondria
- Nutrient status
- Gut health
- Digestive function
- Detoxification pathways



DRINK ABUNDANT, CLEAN, FILTERED
WATER FROM A NON-TOXIC VESSEL.

This includes glass and stainless steel
choices.

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

A photograph of two people, a woman in the foreground and a man in the background, both wearing white t-shirts and dark pants, performing a side-body stretch in a gym. They are standing on green mats over a blue floor. The background shows a brick wall and a rack of colorful resistance bands. A semi-transparent blue overlay covers the bottom half of the image, containing text.

EXERCISE DAILY FOR AT LEAST 30 MINUTES

- Aerobic movement
- Yoga/qigong
- Stretching
- Deep breathing
- Weights

are all examples of beneficial
physical activity.



MAKE TIME FOR THINGS YOU
LOVE TO DO LIKE SINGING,
LISTENING TO MUSIC,
SPENDING TIME WITH
FAMILY AND READING.



**I look at health as a daily choice.
Life can be full of healing moments.**

**When a person really heals,
they begin to change their inner
perspective and learn that
life is about health.**

Linda Clark

Linda's Reflections



**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.**