

WINTER WELLNESS CARE



As we go through the winter months, it's crucial to prioritize your well-being and fortify your health against the seasonal challenges. I'd rather associate winter with cozy and warm versus sickypooos and fatigue.

This **Winter Wellness Care Essentials** guide introduces you to products designed to support your health from the inside out and keep you healthy, cozy, and vibrant throughout the colder months. Explore the links provided to discover more about each product and make these winter months a time of not just surviving but thriving.

As an active lifestyle Chiropractor and busy mom, I'm in the trenches with you. Nobody has time or wants to be sick or dragging! You can't beat every bug or blah day out there but there are certainly things that you can do to support your health during the challenging colder months. Here are some products I have personally used and recommend to my patients.



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This contains affiliate links. Should you make a purchase, I may make a commission at no extra cost to you. I only recommend products and services I have personally used and stand behind.

WINTER WELLNESS CARE



PERSONAL HUMIDIFIER

The dry winter air can take a toll on your skin and respiratory health. Dry respiratory passages are more apt to let germs in and dry skin + hair can look dull and lead to damage. A personal humidifier adds moisture to your indoor environment, helping to combat dryness and ensure optimal comfort. Personal Humidifier

ACUPRESSURE MAT

Combat winter stress and tension with an acupressure mat. Stimulate acupressure points to release muscle tension, improve sleep, and promote a sense of calm and relaxation.

Acupressure Mat



MUSHROOM COFFEE



Upgrade your morning routine with organic mushroom coffee. Combining the health benefits of coffee and mushrooms, this beverage provides sustained energy, improved focus, and immune support. Mushroom Coffee Blend

This is not medical advice. Always consult your healthcare professional.



RED LIGHT THERAPY



Beat the winter blues with red light therapy. This non-invasive treatment can enhance energy levels, support mood regulation, and promote overall well-being by stimulating cellular activity. It's also been shown to improve cellular turnover for smoother skin and better workout recovery.

Red Light Therapy Device

JOURNAL

Winter is a season of introspection. A journal provides a space for reflection, goal-setting, and expressing gratitude. Use it to track your wellness journey and set positive intentions for health, wealth, love, family, friendship, travel, and career for the season and for the future.

Manifesting Journal

THE ULTIMATE MANIFESTATION GUIDE

a simple yet
comprehensive
workbook



Health Warrior Doc

ELDERBERRY



Give your immune system a boost with elderberry syrup. Packed with antioxidants, vitamins, and minerals, elderberry syrup can help defend against seasonal challenges and keep you feeling your best. You can certainly make your own but this is great to have on hand for when you don't have time.

Elderberry Syrup

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New BOOK

5 NON-NEGOTIABLE HABITS FOR BUSY MOMS: A SIMPLE GUIDE TO A MORE ENERGETIC AND WELL LIVED LIFE...AND WILL LAST PAST THE CHAOTIC PHASE!



As a woman wearing many hats, our needs often get pushed to the back. Not anymore! Learn how to develop 5 fundamental health habits that will lead to more energy, vitality, and longevity. If you're frustrated by not putting your key health necessities first, tired of failing at creating a healthier lifestyle, or just need to develop consistency, then this is for you!

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