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*Where You Become Whole Again*

*We believe in challenging the status quo when it comes to your health!*

### **Are You Surviving The Pandemic of Fear & Sickness?**

Which is more pronounced for you: fear or sickness?

Do you want to minimize fear, increase inner peace and be superbly healthy?

### **What about Thriving in A Time of Crisis?**

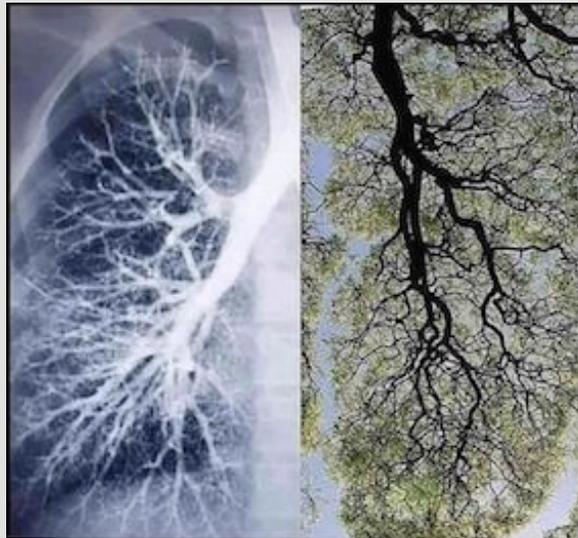
Expanding vs. Contracting?

Could we harness the growth potential enriched by the fertile soil of more time and space?

The disease everyone is talking about is lethal because it can cause suffocation.

If I step back from the fear and just witness this, I find it quite interesting, because I see our bodies through the lens with which we are the microcosm of the macrocosm.

We are made of the same elements as nature.  
Our bodies are earth, water, fire & air.



For example, take a look at a tree beside an image of our bronchioles (breathing branches in our lungs).

The earth has been suffocating for a long-time due to our indulgences, such as clear cutting rain forests, eradicating “her” lungs.

What did we expect to happen?...

### **Yet we are a part of Nature’s Immune System!**

Each one of us has a function to fulfill in the healing of the world. Yet, we cannot fulfill this function if we are sick or injured or scared or suffocating in our own way.

### **What Has Been Suffocating You?**

**Your Thoughts?**

**Your Job?**

**Your Relationships?**

**Your illness or injury?**

What shifts, breakthroughs, transcendences do you need to make in order to come up for air and breathe again?

### **Fear & Sickness are Immunized by Love & Healing.**

One possible way to heal the pandemic is to understand that you are a part of the planet’s immune system.

You have a role to play. A function to fulfill in healing the body of the earth and all Life.

When you heal yourself, you do not heal alone. You heal countless others along with you.

### **What Is In Season for You to Heal?**

**Your Mind? Your Body? Your Life?**

(Mental clarity, emotional balance, career, money, relationships, food, friendship, movement, rest, energy, vitality)?

### **What Do You Want?**

Peace, ease, joy, health, wealth, connection/belonging, meaning, happiness, self-

confidence, love, freedom?

**NOW IS THE TIME TO GO DEEP WITHIN & DISCOVER WHAT IT IS WE MUST RELEASE, LET GO OF, SHIFT, CHANGE, TRANSCEND OR CREATE, SO WE CAN HEAL OUR LIVES & ALL THE WORLD!**

**SO WE CAN ALL BREATHE AGAIN!**

Even if we are scared, overwhelmed & uncertain, I believe it is possible to heal, grow, expand and become the women and men we are destined to be, during and in fact due to the current global crisis.

**But How to Get Started?**

[Click Here to Book an Appointment with Dr. Heidi McGill](#), ND to heal your body by employing safe, effective, proven natural medicines.

[Click Here for more information or to Book A Transformational Coaching Session with Heidi McGill](#), to make a breakthrough in the area of your life that's been calling you for a while now.

*\*It is my sincere honour and privilege to be your mentor and guide during this unprecedented time, mid-wifing your becoming, catalyzing the inner life you've always wanted to feel and manifesting the outer life you were meant to experience with great joy, peace and vitality.\**

Naturopathic & Coaching Consults will be conducted via Zoom Call or Telephone.

In the future, when the pandemic passes and the weather is nice, Heidi encourages you to join her in "walking-talking" coaching sessions, along the river trail by the clinic.

*\*This is My Easter Time and I would it keep it holy. When I am healed, I am not healed alone, and I would bless my brother's and sister's for I would be healed with them, that sickness may be banished from our minds, thus we rest in Source, who is our only Self.\**



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Have a Healthy Day!

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*Heidi McGill, ND, Clinic Owner,  
Transformational Coach*

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