

Annette's Health Action is about helping you be and feel the BEST you can be.

Annette has been learning, teaching and guiding other's in the world of natural health for 15 years. Her passion to live beyond basic health has seen her training expand to many vibrational healing modalities.

She is a trained Chartered Herbalist, Iridologist, and Whole Food Nutrition expert. Her experience in consulting, educating and inspiring other's to 'just get started' in revving up their health, naturally, has touched the lives of many.

Her teacher and mentor Dr. Bernard Jensen, showed her the unquestioned value of removing toxins from the body, and pouring in high nutrient value foods and supplements. This is "how" health challenges can be, and will be "un-done", or reversed. We are made from the minerals of the earth, and when a body is tired and fatigued, it cannot absorb the minerals, trace elements and electrolytes from the food to create "healthy vibrant cells".

Annette has guided other's to remove the cause of the problem, of the health challenge, and to know that the rest will take care of itself. She has helped client's, get pregnant, remove long standing symptoms of leg cramps, or take care of blood sugar problems. This has been improved memory, circulation, and many other symptoms, simply by taking care of the "cause" of the problem.

Quote: "My passion and message to everyone, is JUST GET STARTED!" You do not have to quit all of your bad habits like smoking or eating fast foods in order to "start being more healthy". There are ways to add nutrient's, that will help you "let go" of these other habits, and in a more natural and easy manner.

I use to be that smoker, that drinker, that partier. I understand how you feel. I want to share what I know, and what I've experienced, to assist you in getting started, and empower you to be the Master of Your Own Health. "

Creating a life of greater health, consciousness and happiness,

Creating Vibrant Health...Everyday.

Annette

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