

Jessica grew up with herbs and supplements and can recall hiding her vitamins at 3 years old to avoid taking them! Much has changed since her dad first introduced holistic practices and natural medicine, which have been a part of her life for as long as she can remember. She has a particular fondness for energetic medicine and her favorite areas of focus are cleansing/detoxification and anything that yields rejuvenation and “whole body glowiness!” Jessica loves helping people who are motivated and open to a new way of healing to transform their lives the natural way.