

About Loving Us Whole

I'm JoAnn, the founder of Loving Us Whole. I'm a mother, wife, sister, friend, lifelong seeker of knowledge and wisdom, and more importantly a companion in your journey of discovering your meaning of living whole and well.

I'm passionate about creating a safe space for your journey of coming home to yourself. I believe that in attuning to our body-heart-mind, and reconnecting to the wisdom within, we will find the answers we seek to heal and become who we truly are. My aim is to support you in your unique personal journey holistically, through Wellness Consultation, Spinal Flow® Technique, and Holistic Nutrition & Wellness Education.

*My hope is for you to experience what Deb Dana (Polyvagal Theory) describes as
"feeling safe enough to fall in love with life
and take the risks of living."*

Want to know more?

Get in touch with me to see how I can support you in your journey by visiting www.lovinguswhole.com or contact me at +1 916 467 0951 / joannloo@lovinguswhole.com to schedule a Discovery Call and Consultation.



What does LIVING WELL mean to YOU?

- The Global Wellness Institute defines wellness as *"the active pursuit of activities, choices, and lifestyles that lead to a state of holistic health."*
- What such pursuits may look like can be very different for each of us. For some it may be practicing healthy eating habits, being physically active, pursuing healthy relationships, meaningful work, or spiritual practices.
- But have you ever wondered what is **YOUR** own meaning of living well?
- *Why does it matter?* Because we are all unique individuals, with our lived experiences, backgrounds, personalities and everything else that makes us who we are. Hence, we may have different ideas of what living well looks like and how we want to get there.
- I believe that our pursuit of wellness is meant to be a deeply personal journey of homecoming: ***The journey of feeling safe, at home in our body, and deeply connected to our heart, which allows us to feel safely connected in our relationships with others, our environment and the world we live in.***
- I believe all the choices in our pursuits for wellness that comes from that safe space is what will bring us closer to our own meaning of **living well + whole.**

Wellness Consultation

- Facilitation session dedicated to addressing your current state of wellbeing holistically, and understanding your unique wellness goals, needs, and challenges, in order to create a personalized wellness plan specifically meant for you
- 45 min
- \$65
- Online or In-person



Comprehensive Assessment + Spinal Flow® Session

- Comprehensive session focusing on understanding your wellness history, with a full postural assessment, and hands-on screening to evaluate the health of your spine. This will be followed by your 1st Spinal Flow® session
- 1 hr - 1.5hrs
- \$100
- In-person



Spinal Flow® Sessions

- Ongoing Spinal Flow® sessions for returning clients following the initial visit to support you in nurturing your body's natural healing process
- 30-45 min
- \$65 (special rates for packages of 6 or 12 sessions)
- In-person



Nutrition & Wellness Education

- Education and information session to support you in understanding how you can optimize your wellbeing through conscious nutrition and lifestyle choices tailored to your specific needs
- 45 min
- \$65
- Online or In-person



Are you dealing with...

chronic pain inflammation

fatigue hormonal issues

sleep problems

digestive issues low energy

Do you often feel...

STUCK

ANXIOUS

DISCONNECTED

STRESSED

*Or maybe you don't but want
to enjoy your life with ease*

Firstly, know that your body is NOT Broken

In fact, it is very
intelligent and has the
power to heal...with
some help from you!

This is what **Spinal Flow®**
Technique is all about

Symptoms of Dis-ease

- Our bodies are designed to heal and know exactly what to do to maintain health and well-being.
- This self-healing process is governed by our **brain and spinal cord aka our nervous system**, which controls and coordinates every function in our body.
- But the stress of life, whether physical, chemical or emotional, can **disconnect** us from this innate ability by creating **spinal blockages**.
- As these spinal blockages keep our nervous system in a fight-flight mode, our body begins to send symptoms of **dis-ease** to signal that something in our life is out of alignment.

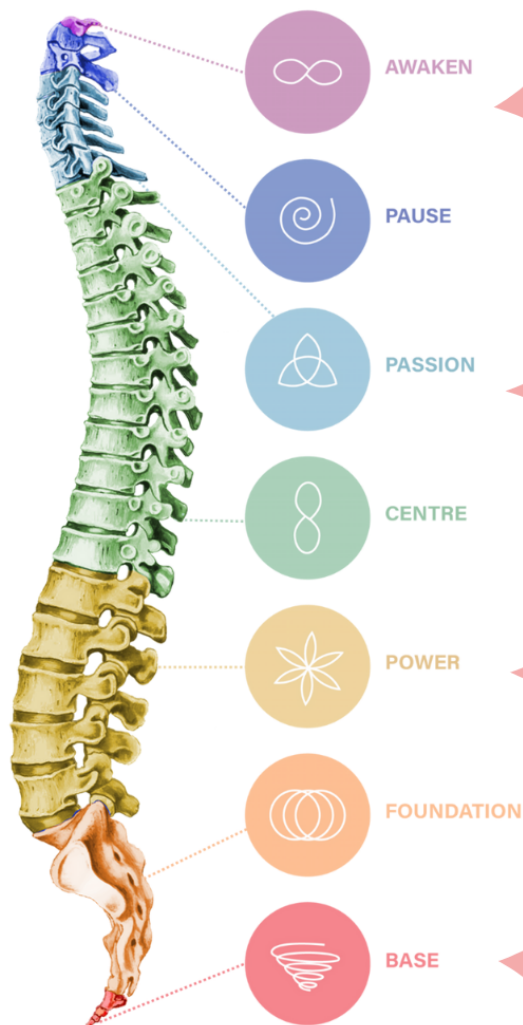


What is Spinal Flow® Technique

- A gentle touch-led modality that focuses on helping you **connect with your body's innate wisdom** so that healing could happen.
- Our brain and spinal cord are covered by a balloon-like layer, called the **dura mater** that serves many functions, including maintaining the cerebrospinal fluid and transmitting energy and information between our brain and body.
- Where the dura mater is close to the skin, we find **access points** – a pathway to connect to the **Seven Gateways** of our spine to send a message through the body to initiate the healing process.



SPINAL FLOW® GATEWAYS



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Awakening the Spinal Flow

- The touch of Spinal Flow® Technique generates ease through these access points.
- The body recognizes the touch in these areas of ease and the life force healing energy begins to increase as **Spinal Flow** traveling up and down the spine.
- As the flow increases, it begins to clear blockages and release layers of stress in the Spinal Flow® Gateways, allowing you to connect with the innate intelligence of your body to move from state of dis-ease to **ease and healing**.

Spinal Flow® Technique clients have reported positive changes in wide range of symptoms including, but not limited to, brain fog, migraines, sleep disorders, chronic pain, digestive & reproductive issues, respiratory issues, sciatica, neurological conditions, immune-health related issues, anxiety, depression, and more.

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