

Holiday Gift Ideas

give the gift of wellness

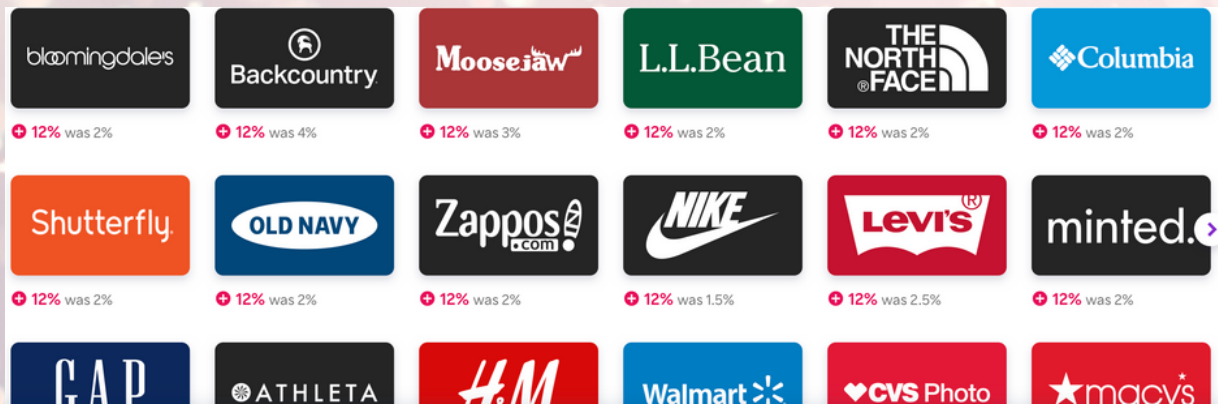
In this guide are some of my favorite wellness products. I am excited for you to try them & see amazing results

May this holiday season bring you the love & happiness you deserve



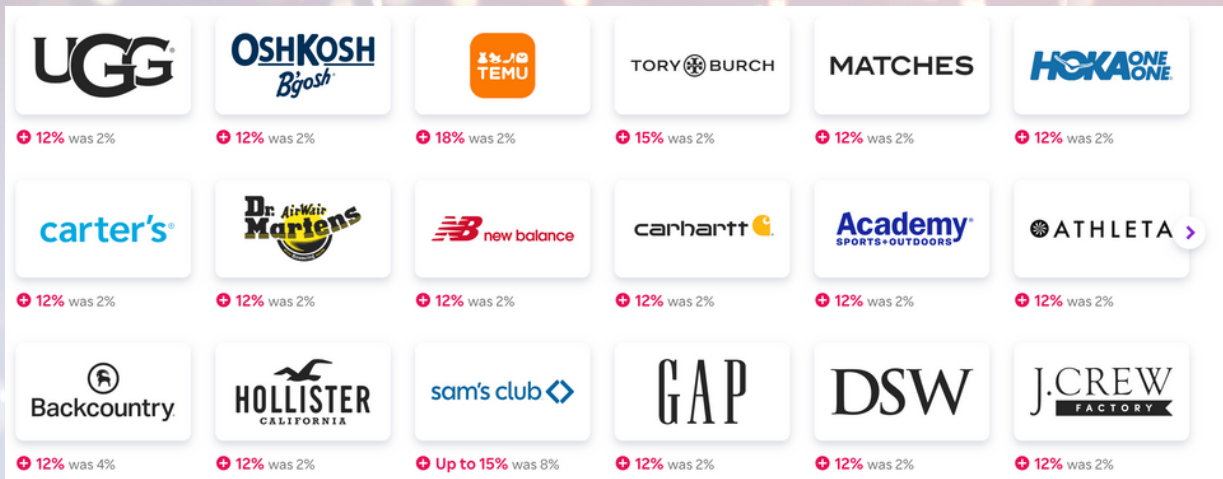
Holiday Gift Ideas

On top of wellness, I am sharing my
ULTIMATE BLACK FRIDAY SAVINGS HACK



[CLICK HERE](#) to stack savings

Using Rakuten, you can STACK your savings. Create an account & begin saving today! EX: a company is running a Black Friday deal for 20% off. Add an additional 12% savings when you use this site, your total savings = 32%!



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It seems silly to have to write this, but here's a disclaimer

DISCLAIMER

I am an affiliate for some of the products linked. This means that when you use my link to purchase, you are supporting my mission to continue providing educational content for free, and I am so very grateful for your continued support. We have no control over the nature, content, and availability of these products and sites included in this guide. The inclusion of any links does not necessarily imply an endorsement of the views expressed within them by the brand. To the fullest extent permitted by law, we expressly exclude any liability for any direct, indirect, or consequential loss or damage incurred by you or others in connection with our Website and its Content, including without limitation any liability for any accidents, delays, injuries, harm, loss, damage, death, lost profits, personal or business interruptions, misapplication of information, physical or mental disease, condition or issue, physical, mental, emotional, or spiritual injury or harm, loss of income or revenue, loss of business, loss of profits or contracts, anticipated savings, loss of data, loss of goodwill, wasted time and for any other loss or damage of any kind, however, and whether caused by negligence, breach of contract or otherwise, even if foreseeable. You specifically acknowledge and agree that we are not liable for any defamatory, offensive or illegal conduct of any other Website participant or user, including you. In no event will Wholeistic Physical Therapy P.C. be liable for any loss or damage including without limitation, indirect or consequential loss or damage, or any loss or damage whatsoever arising from loss of data or profits arising out of, or in connection with, the use of this guide.



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90 minute Health & Wellness Consultation

Click here: [Work with Lauren](#)

What's Included:

- Virtual consultation discussing your health in great detail, goals, desired outcomes, & testing recommendations.
- Starter Suggestions for diet, lifestyle changes, & supplements geared towards your goals

What's not Included:

- Additional calls, emails, or plan adjustments
- Lab testing interpretation
- Long term support
- Educational downloads
- Cost of supplements & additional testing


A purple starburst graphic containing the text "SALE \$150 Code: BFALE".

SALE \$150
Code: BFALE

WHO'S THIS WORK FOR:

Anyone looking to restore gut health or alleviate the following:

- | | |
|---|---|
| <input type="checkbox"/> bloating, abdominal pain | <input type="checkbox"/> hormone & fertility issues |
| <input type="checkbox"/> heartburn | <input type="checkbox"/> female cycle issues, irregular cycle |
| <input type="checkbox"/> irregular bowel movements | <input type="checkbox"/> thyroid issues & weight issues |
| <input type="checkbox"/> IBS symptoms | <input type="checkbox"/> chronic illnesses/diseases |
| <input type="checkbox"/> gastrointestinal inflammation | <input type="checkbox"/> autoimmune disease |
| <input type="checkbox"/> skin issues: eczema, rashes, etc | <input type="checkbox"/> sleep issues |
| <input type="checkbox"/> energy issues | <input type="checkbox"/> and SO much more |

A purple starburst graphic containing the text "Over \$330 in savings".

Over \$330
in savings

after an initial consultation, you're eligible for
20% off a 16 week program

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GI Microbial Assay Plus

GIMAP

Give the gift of GIMAP stool testing
I work with clients to interpret and
develop gut healing protocols in
order to restore health and wellness

Work with Lauren



dutchtest
BY PRECISION ANALYTICAL INC.



DiagnosTechs

Hormone Testing

Dutch test: dried urine hormone testing,
great for the busy individuals who travel
DiagnosTechs: saliva hormone testing, great
for males, females, premenopausal, cycling,
postmenopausal, adrenal assessment

Work with Lauren



CellCore Products

Great brand with so much AMAZING
research behind their products.
These products are insanely effective & potent,
and highly recommended to have a
practitioner guiding & modifying along the
way. Multiple protocols available for drainage,
detoxification, infections (parasites, mold,
heavy metals) & for different levels of healing.

CODE: 8Kd690X5

Work with Lauren

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Full Blood Workup

What you get: A comprehensive blood test & custom functional medicine interpretation from Lauren

Blood markers included:

Blood Sugar markers: Glucose, Hemoglobin A1C, Insulin, C Peptide and Leptin

Cardiovascular markers: Total cholesterol LDL (Low density lipoprotein), HDL (high density lipoprotein), triglycerides Non HDL cholesterol, VLDL (very low density lipoprotein), HsCRP (high sensitivity C reactive protein), Homocysteine, Fibrinogen, Platelets, MPV (mean Platelet Volume)

Red blood cell markers: Red blood cells, Hemoglobin, Hematocrit, Mean corpuscular volume (MCV), Mean corpuscular Hemoglobin (MCH), Mean corpuscular Hemoglobin concentration (MCHC), Random distribution of RBC weight (RDW), Iron, Ferritin, Total Iron Binding Capacity (TIBC), % Transferrin Saturation Reticulocyte count

Nutritional Deficiencies: Vitamin D, Calcium, Phosphorus. Magnesium, Alkaline Phosphatase

Thyroid Blood markers: the Thyroid plays a key role in metabolic function: TSH, Total T4, Free T4, Total T3, Free T3. Reverse T3, T3 Uptake, TGB antibodies, TPO antibodies

Immunity and inflammatory markers: insight about ongoing inflammation as well as viral, bacterial, parasitic infections: WBC. Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils, Albumin, Globulin

Kidney, Adrenal Fatigue and dehydration markers: how hydrated are you from a cellular level?: BUN, Creatinine, Uric Acid, Sodium, Potassium, Chloride, CO₂, Phosphorus

Liver markers: ALT, AST, Bilirubin

SALE \$350

Work with Lauren



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Thrive Market

A subscription service for great quality products with discounts on favorite brands, organic, & ethically sourced goods.

I love Thrive brand goods!
[25% off your first order](#)



Butcher Box

A subscription service for quality protein. Ethically sourced, grass-fed/finished beef, organic free-range chicken, wild-caught fish,

[Buy Here](#)



Fullscript

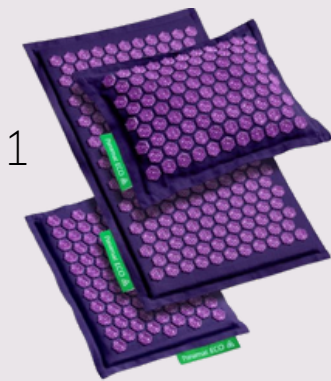
Join my tribe & have access to my dispensary. Up to 30% savings off of supplements, vitamins, minerals, herbs, probiotics, etc.

[Wholeistic PT Dispensary](#)

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All my Favorite Wellness Tools



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1. Pranamat ECO || 30% OFF [Buy Here](#)

CODE: WHOLEISTICPT

"Acupressure Massage Set was developed by scientists. Every benefit is backed up by rigorous clinical data." Designed to improve your nervous system & health. Improves pain, blood flow, stress response & so much more.

2. Queen of Thrones || [Buy Here](#)

CASTOR OIL PACK

A Pretty life changing way to support your body's natural detoxification. Hormone health to parasite cleansing & blood sugar support

3. Therasage || [Buy Here](#)

CODE: WHOLEISTICPT20

AFFORDABLE INFRARED SAUNA

Saunas are FANTASTIC for hormone health, aides in weight loss, lymphatic drainage, improves sleep, improves nervous system health, boosts immunity, cardiovascular health, improves circulation, & natural detoxification.

4. LumeBox || [Buy Here](#) \$250 off

RED LIGHT THERAPY

Improve thyroid function, Reduce Inflammation & Pain, Enhance Performance, Improve Cognition, Healthier Skin, Aids Wound Healing, And So Much More

5. Higher Dose Sauna Blanket || [Buy Here](#)

AFFORDABLE INFRARED SAUNA

See above for why saunas are amazing, this is another brand that has a blanket version

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6. Natural Cycles || [Buy Here](#)

CODE: WHOLEISTICPT15

A NATURAL way to prevent or improve chances of pregnancy. Based on basal body temp (BBT). NO SYNTHETIC HORMONES & NO SIDE EFFECTS, just straight DATA, awareness & EDU. Use your FSA/HSA & get it reimbursed by your insurance!

7. Oura Ring || [Buy Here](#)

ONE OF MY FAVORITE devices! I paired this with Natural Cycles to conceive! Track your Sleep, Exercise, Heart Rate Variability, Temperature, Heart Rate, Oxygen Saturation, Stress Levels, Period (Cycle) or Pregnancy. All of it is important to understanding one's health and wellness.

Oura Ring x Natural Cycles

These two bad ass companies have combined forces to give optimal results for women's health. Birth control & pregnancy planning made easy & naturally. Link the 2 on the apps.

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AquaTru Water Filter

AQUATRU GLASS RO CARAFE



Countertop glass carafe, 640Z.
Great for 1-3 family members. Or
simply refill more often for larger
families.

BFCM Price: \$249
+ free glass pitcher + free shipping
✓ \$100 OFF

AQUATRU CLASSIC



Classic countertop, 1 gallon.
Ideal for under 4 members. Or
simply refill more often for larger
families. I recommend the "Classic".

BFCM Price: \$299 + free shipping
✓ \$150 OFF

AQUATRU UNDER SINK



Under the sink classic.
Perfect for a larger family or
anyone not wanting a unit on the
countertop.

BFCM Price: \$249 + free glass
pitcher + free shipping
✓ \$100 OFF

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Electrolytes

Improve your CELLULAR hydration with electrolytes. Water isn't enough these days.



1. Trace Minerals 15% off || [Buy Here](#)
2. Redmond Salt: ReLyte || [Buy Here](#)
3. LMNT || [Buy Here](#)
4. JigSaw PickleBall 15% off || [Buy Here](#)
5. Seeking Health Electrolytes 15% off || [Buy Here](#)

Clients can see massive improvements in cellular health with adding in electrolytes & more minerals into their diet.

This impacts the entire body and you WILL see life changing benefits.

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Cellcore Supplements

Jumpstart Kit

Jumpstart your health today with this kit! Targeting mitochondrial health, gut health, detoxification & more. [Buy Here CODE 8Kd690X5](#)



Jumpstart Kit



Parasite Cleanses



Digestive Enzyme

Probiotic

Glucose Support



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Favorite Supplements

Improve your CELLULAR hydration with electrolytes. Water isn't enough these days.



1. Trace Minerals Magnesium Lotion 15% off || [Buy Here](#)
 - a. Fantastic for getting that extra Magnesium that we all need. Also great for pain, including cramping & period pain. Helps with bowel movements & relaxing smooth muscles.
2. MegaSporeBiotic 15% off || [Buy Here](#)
 - a. Spore based probiotic which is different than a regular transient probiotic. Think of this one as planting some really good flower seeds for your gut microbiome.
3. Critical Digestion 15% off || [Buy Here](#)
 - a. One of my favorite DIGESTIVE enzymes. I have been using this supplement for years for aiding digestive health for me & my clients.
4. Pique Tea || [Buy Here](#)
 - a. Teas, electrolytes, & supplements. Improve energy, skin & more. CODE: WHOLEISTICPT 5% OFF
5. Smidge Beef Liver 15% off || [Buy Here](#)
 - a. Desiccated Liver Supplements for TONS of vitamins & minerals. I recommend this to SO many clients. I personally have been taking this supplement throughout preconception & pregnancy.

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BABY



1. Dr. Bronner's Baby Castile Soap 15% off || [Buy Here](#)
 - a. Non-toxic soap made especially for babies. A little goes a LONG way!
2. Earth Mama Diaper Balm 15% off || [Buy Here](#)
 - a. Diaper rash can be a nuisance. This little balm is a small jar but packs a big punch. Organic Non-toxic diaper balm made just for your little one's bum.
3. Jarrow Dophilus Infant Probiotic 15% off || [Buy Here](#)
 - a. A favorite brand of mine. I will be using this for my little one to continue building a robust microbiome early on in life. Breast feeding is also another phenomenal way to improve a baby's gut health.
4. Maty's Multipurpose Ointment || [Buy Here](#)
 - a. Non-toxic multipurpose ointment. No petroleum, no parabens, no phthalates, no hydrogenated oils. Made with Olive oil, Coconut oil, Castor oil, Beeswax, Jojoba oil, carnauba wax and vitamin E
5. Pipette Baby Lotion || [Buy Here](#)
 - a. Personally I love ALL of the Pipette baby supplies. They make everything, shampoo, soaps, creams, balms, etc.

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BABY



1. Mushie Products || [Buy Here](#)

a. Non-toxic Silicone options for necessities during the baby's first years. We are trying to be a plastic free household as best as we can be.

2. Haaka Breast Milk Storage Bags || [Buy Here](#)

a. Non-toxic Silicone option for storing breast milk. These can also turn into pouches for purees or add a spoon with different interchangeable lids!

3. Elvie Catch || [Buy Here](#)

a. Let no drop of milk go wasted! These little LOW PROFILE milk catchers can save a lot of time & precious milk to catch left over after a pump or feed.

4. Ninni Co || [Buy Here](#)

a. "The Perfect Pacifier" - You can see what baby's tongue, pallet & mouth are doing to ensure proper feeding/latching. This medical grade silicone is ultra soft & is the closest think to a real life nipple/boob! My lactation consultant swears by this thing! CODE: CYBER

5. Under the Nile Bear Lovey || [Buy Here](#)

a. I wanted to find a Lovey that was made of Organic Cotton since it would be licked, eaten & slept with. This is one I fell in love with and I hope my little one does too!

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BABY



1. **BebCare** 15% OFF CODE: WHOLEISTICPT || Buy Here

a. Ultra Low radiation baby monitor. Something that is going to be super close to baby, I wanted to find a monitor that had low radiation and this is what I landed on after lots of research.

2. **Solly Wrap** 15% off CODE: 15OFF || Buy Here

a. Word on the streets is this is a must have! I plan on wearing baby as much as possible. Nervous system regulation is so intimately tied to skin to skin, contact & sensory input. Baby is used to living next to your heart for 9 months, your heartbeat, breathing & touch is extremely calming.

3. **Naturepedic Mattress** || Buy Here

a. Another thing I wanted to be non-toxic. We spend so much of our time in bed, 1/3 of our life in the grand scheme of things. Breathing up whatever material the bed, linens, etc is made out of. A great non-toxic choice!

4. **Guava Lotus Travel Crib** || Buy Here

a. GreenGuard Certified Pack N Play! No PVC, No Lead, No Phthalates, No Formaldehyde, No Arsenic, No Mercury, No Cadmium, No Flame Retardants

5. **Snuggle Me Organic Infant Lounger** || Buy Here

a. Up to 40% off right now! An organic lounger for baby.

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LIFESTYLE



1. Simple Modern || [Buy Here](#)

a. Not a fancy Stanley, but close enough. This has been a game changer for me. I carry it around everywhere. Work, Dr Appts, next to my bed, desk, car, you name it. It's Stainless Steel which I LOVE for non-toxic reasons.

2. New Balance 57/40 || [Buy Here](#)

a. I wanted a neutral shoe that was comfy and also stylish for dressing up/down so I landed on this guy.

3. Under the Canopy Organic Cotton Robe || [Buy Here](#)

a. I was looking for an organic robe and this price is just unbelievable. It's super cozy and light weight, exactly what I was looking for.

4. Birkenstock Slippers || [Buy Here](#)

a. I am a sucker for Birks. I love them all, slippers, slide ons, sandals, you name it, I save up for them. These have been a super cozy addition for a house shoe.

5. Dange Dover Fanny Pack || [Buy Here](#)

a. Fanny packs or sling bags are IN, although in my opinion they were never out. This brand is super durable and well made!

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Improve your NERVOUS SYSTEM & improve your health

When your mind & nervous system are not WELL, the entire body is not well.



Massage or Physical Therapist
Myofascial Work
Acupuncture
Reiki
Colonic Specialist

Hypnotherapist
Breath Work Coach
Meditation Coach
Health Coach
Energy Healer



Dry Wines

I am all about some good wine, but some wines are made better than others! SUGAR FREE, NO TOXIC ADDITIVES, LOWER ALCOHOL, ORGANIC FARMING, LAB TESTED, VEGAN, KETO & PALEO

FRIENDLY

[Buy Here](#)



Give the Gift of EXPERIENCE



Give the gift of travel & adventure. I would prefer an experience any day over a tangible item, Whether that's a show, concert, vacation, weekend getaway, dinner, picnic, trip to see a best friend or family, skydiving, learn how to fly an airplane, see a national park pasta making class, cooking class, singing lessons, Spanish lessons, course or something to better yourself. YOU NAME IT.

Experiences are THE BEST GIFTS. END OF STORY



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For Practitioners

RWS: Restorative Wellness Solutions

If you are a practitioner who holds a medical license, you may be eligible to take courses to become a RWS practitioner!

Become an RWS practitioner today!

There are 4 levels to achieve as a RWS Practitioner.

Enrolling in Mastering the Art & Science of Gastrointestinal Healing (Level 1) was a total game changer. I learned so much about the role of digestion in the healing process, and being able to use testing in my practice eliminated the guesswork and allowed me to get super targeted with my protocols. My clients are getting better results than ever and I'm so much more confident now that I have solid clinical skills to guide my work. I have gone on to also achieve certifications in Level 2 & 3.

- Level 2: Mastering the Art and Science of Optimizing Hormones
- Level 3: Mastering the Art and Science of Nutritional Blood Chemistry
- Level 4: The Art and Science of Clinical Mastery



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Wishing everyone a healthy & HAPPY HOLIDAYS
Hopefully, that helped spark a few ideas for loved ones.

I created my business to help facilitate healing. I have personally struggled with many chronic digestive & hormonal issues & have turned my passion to heal through food, supplements & lifestyle into my career.



For many clients, restoring good nutrition and overall wellness does a fantastic job however, for others, deeper underlying dysfunctions need to be addressed, to allow the body to heal. My focus is to *optimize function, create homeostasis, restore balance to the system & remove blocking factors.*

I am trained to restore wellness using the tools and knowledge of advanced laboratory testing to determine deeper issues, and targeted specialized supplementation to promote healing. I do not diagnose or treat disease.

Specifically, I focus on
Digestion & Gut Health, Chronic Disease,
Hormonal Health & Adrenal health

In great health,
Lauren

Head over to my [website](#) or send an email to
WholeisticPT@gmail
I'd love to chat more about the services I offer.