

Candice Brunlinger

Herbal Living and Healing & Humboldt Tai Chi

Holistic Health Consultant, Stress Management Consultant,
Certified Herbalist, Certified Fermentationist, Tai Chi Instructor,
Juice Plus Representative



Would you like to learn simple ways to manage your stress and support your energy, vitality and resilience? Would you like to create a self-care routine which works for your life and budget?

Connect to your breath, body, environment, plant medicine and your healing journey as you support your body's innate ability to heal. Ground the scattered feelings. Enhance clarity and focus. Strengthen your systems so you are not as affected by other people, work and the stress in your life.

Candice has an integrative approach to healing using plant medicine, diet, self-care, stress management, mindfulness and energy healing tools such as Tai Chi, Qigong, Energy Psychology, EFT and Eden Energy Medicine. Her classes, workshops and writings focus on ways of integrating these healing modalities into our daily lives and routine in a practical and convenient way where self-care and being healthy becomes "a way of living".

When we get ourselves out of survival mode and reverse the stress response using simple mindfulness practices, diet and plant medicine, we can begin restoring our mind-body connection.

Then the healing can really begin.

Learn how to manage the stress in your life. Feel energized and resilient as you ride the waves, flowing with the seasons, and adapting to your life:

- ♥ Work one-on-one as a client with continued support for 6 weeks or more.
- ♥ Relax and restore your healing at any of her Tai Chi and Qigong classes offered through Humboldt Tai Chi.
- ♥ Attend her ongoing, FREE Herbal, Tai Chi and Qigong classes offered at The Connection, HPRC
- ♥ Support your stress management and healing.
- ♥ Enroll in the "Mindful Healing Immersion" series offered in fall and spring - integrating mindfulness, meditation, connection to breath, body and plants to support self-care, stress management and healing. Learn how to support all aspects of your health, addressing the healing of our physical, emotional, energetic and spiritual bodies while supporting the health of our microbiome and brain-coherence.

♥ Keep an eye out for upcoming online courses, workshops and webinars including the "Manage your Stress" mini course.

♥ Download your FREE [Self-Care E-Book](#) and subscribe to the email newsletter to explore ways of supporting your health and life.

♥ Get custom herbal and flower essence formulas or purchase any of her organic and local herbal products from "Herbal Infusions".

♥ Receive guidance for making your own herbal remedies and fermented foods.

♥ Explore the "Rainbow Diet", Juice Plus Supplements, cooking with herbs, and healthy food preparation.

Contact for availability and to schedule your first intake appointment.

Herbal Living and Healing

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Humboldt Tai Chi

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call or email for more info and registration.

Visit www.humboldttaichi.com

for class offerings and location.

*Like and follow her facebook pages **Herbal Living and Healing**, **Herbal Living and Fermenting and Humboldt Tai Chi**.*

Follow her on Instagram and Youtube

[@herballivingandhealing](#).

