

# Chelsea Varin

Functional Health Practitioner



I am a certified  
**CHEK Practitioner**  
from the  
**Corrective Holistic  
Exercise Kinesiology School  
of Holistic Health  
in San Diego**

Hi, I'm Chelsea and I believe that healing is available to anyone that desires it. I'm here to help guide you on the path and teach you the tools to heal your body, mind, psyche and soul. I too have walked on this journey, and I assure you, transformation is possible.

I primarily work with folks who haven't found solutions through western medicine.

### Areas of focus include:

- Back Pain
- Hip Pain
- Knee pain
- Shoulder pain
- Migraine & Headaches
- Digestive Issues/IBS
- Hormonal challenges -  
(Endometriosis /PMDD/PMS/PCOS)
- Infertility
- Lack of Energy
- Emotional Challenges

Chelsea works out of her home office in Petrolia and also sees clients virtually and in their homes. Please visit her website to read about her practice, programs, and to schedule an informational session.



[www.hyphaholistics.com](http://www.hyphaholistics.com)

Certifications: HLC1,2,3, IMS1,2,3, RYT 200 HR, CGS  
(please reach out for clarification and details)