



## Yemaya Kimmel Clinical Herbalist and Plant Alchemist

### Unlock Your Innate Healing Wisdom

My philosophy as a clinical herbalist is rooted in the practice of vitalism. This means that I strive to honor the wholeness and uniqueness of each individual. I believe that the healing process is a journey to be celebrated and that true healing comes from within. Our bodies are wise and resilient. They communicate to us through their language of signs and symptoms. When we learn how to listen to our body's messages, we can begin to understand what is needed. We can then offer our body the tools it needs to nourish, tone, regenerate, and heal itself. We are natural beings, and so when we work with plants and other natural therapies, we can shift patterns of dis-ease toward new patterns of balance, vitality, and wellness.

During our time together, we will work to understand your body's messages, and use the map of your symptoms and unique constitution to get to the root cause of your situation. We will then create a customized wellness plan designed specifically for you and your needs. I will be there every step of the way to guide you and facilitate your healing process. My intention is to support, empower, and provide you with the education and tools you need to do your healing work.



### Herbal Wellness Consultations

One on one Herbal Wellness Consultations with Yemaya  
In Person at WholesomelyU (3020 H Street in Eureka),  
OR Online via Video Call

**707-601-6447**

### My areas of expertise include:

- digestive system complaints
- cardiovascular wellness
- respiratory issues
- nervous system complaints (including anxiety, nervousness, insomnia, etc.)
- reproductive wellness for men and women (including menstruation, fertility, pregnancy, birth, lactation, and menopause)
- musculoskeletal issues
- autoimmune conditions
- urinary system complaints

*Everything we discuss is completely confidential.*

### *High Vibrational Botanicals for your Wellness Journey*

If you are looking for **high vibrational, handcrafted herbal products** to nurture and support you on your wellness journey, you've come to the right place!

- **Fresh garden grown, ethically wildcrafted, or locally sourced herbs**
- **Essential year round formulas**
- **Seasonal special edition featured products.**
- **New botanical creations are constantly being added,**
- **Individualized formula made to order?**

Contact us directly or visit us online!

email: [yemaya@yemayasapothecary.com](mailto:yemaya@yemayasapothecary.com) \* visit: [yemayasapothecary.com](http://yemayasapothecary.com)