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Patient Testimonials

TESTIMONIAL 1

"When I first came to Kristen, I badly needed to reduce my weight. I'd worked with other plans and programs before but had always followed the same progression: I would lose 10-20 pounds, plateau, and then gain back what I'd lost and then some. With help from Kristen's program—first full meal replacement, and then partial meal plans—along with her wonderful educational videos I've had more success with weight reduction than I've ever had, nearly 100 pounds in one year! And its progress that I've been able to keep going.

However, it wasn't just my weight that Kristen helped me with; I came with several other issues that I'd been trying to treat for over ten years. I was suffering from moderate to severe lymphedema in my lower legs and a hormone imbalance. I'd gone to several doctors and had a lot of testing done over the years seeking answers and treatment, but nothing ever came back conclusive and I was still suffering. Kristen heard me mention it off-handedly during a counseling session and told me she thought she knew what would help. She pointed me toward resources that I began implementing and, for the first time in over ten years, I'm seeing major improvements in both of those areas when no other doctors had been able to help.

The lifestyle education component of her help has also been invaluable. More than just teaching about portion control and other food-related topics—as important and helpful as those videos were as well—she also has videos dedicated to topics such as helping manage your stress, creating boundaries, and ways to make your environment more supportive to your needs, just to name a few. As someone who is also in treatment for anxiety and depression, these were all incredibly helpful to me. With her help, I've learned how to reframe my thinking about certain issues, and to better communicate my needs to the people around me—two things I've struggled with a lot in the past.

Kristen's positivity and willingness to help infuses everything that she does, and she is always ready to meet you with an open heart and receptive ear. If you're looking for a good, science-based program with a side of spiritual support you couldn't ask for someone better; I don't think I could have made nearly so much progress with myself if I hadn't come to her."

Jay

TESTIMONIAL 2

"Kristen has been a weight loss godsend. I had tried everything to lose weight – Whole30 for 90+ days, Keto which made my gallbladder throw fits, juice fasts and detox diets. If I lost a couple of pounds, I would end up gaining it back plus five. I was 100 pounds' overweight, prediabetic, insulin resistant, and my cholesterol numbers were climbing. My doctor recommended I see a nutritionist, but I had resisted because I have so many food allergies and I did not want a cookie-cutter meal plan for which I could not eat half the food. Kristen worked with me to create a plan that avoided my food allergies and she provided great tools to help me stay on track.

Kristen is passionate about her work and identifying underlying conditions that hinder weight loss. Using her intuitive abilities, she sensed that I was having hidden underlying inflammation, gallbladder and liver digestive issues, adrenal and pituitary imbalances that were causing my hormones to be out of balance, which affected my thyroid functioning and weight. Further testing showed that she was spot on! Kristen gave me dietary hacks, delicious recipes, and suggested alternative remedies to help support my low thyroid and hormonal imbalances. She is knowledgeable, caring, and a joy to work with – but most importantly – it works! I have lost 40 pounds in 6 months, my BMI has gone from 41.9 to 35.0, my body fat has decreased from 56.9% to a 46.3%, my subcutaneous fat has decreased from a 48.9% to a 40.3%, visceral fat decreased from a 23 to a 17, body water increased from a 29.6% to a 36.9%, and my resting basal metabolic rate (metabolism) increased from 1,394 calories to 1,436 calories because I lost a good amount of body fat. I am no longer prediabetic, my cholesterol numbers are great, and I am still losing weight!"

Victoria B.

TESTIMONIAL 3

"There are people you meet in life and you just know that you were meant to meet them for a reason. Kristen is one of these people. My name is Jennifer and with Kristen's help, I have been able to lose over 100 pounds!! My BMI decreased from a 49.9 to a 32.2, body fat decreased from 67% to 40.3%, water increased from 22.7% to 40.9%, my metabolism also increased from an average of 1,295 calories per day to 1,458 calories per day, visceral fat decreased from 30% to 14%, and muscle mass increased from 88.8 pounds to 104.4 pounds of muscle! I have been able to take control back of my life and in doing so gained so much more than just losing the weight. I am confident, healthy, happy, inspired and honestly just grateful for the journey and the amazing results. I could not have done this without Kristen's support, encouragement and unwavering dedication.

The thing about losing weight is that it's not just about the weight. There's so much more and Kristen understands this. It is a journey and from the beginning she has been there. She is there with support, understanding, and encouragement. There is a component to weight loss and achieving goals in general that comes from understanding that is an all-encompassing process. It truly involves the mind, body and soul.

Working with someone who understands this and has an approach to weight loss that includes education, videos and a lifestyle approach is key to success. Kristen understands this and you will not ever be sorry that you worked with her. With her, you WILL achieve your goals.

I started out doing full meal replacement and slowly transitioned to partial meal replacement and will eventually be on my own but with the tools, support and true guidance for continued success. Kristen's website couldn't be more aptly named because she truly cares about her patients and helps them to transcend to a better them. It's about seeing the beauty on the inside and outside, understanding that everyone has bad days and bumps in the road but recognizing the person for who they are and helping."

Jennifer

TESTIMONIAL 4

“This is what 3 ½ months of healing with Kristen’s guidance looks like. The picture on the left was taken on June 5th, a few days after I had met Kristen. At this time, I was exactly two months post Covid diagnosis and still very sick. My cystic acne had flared up worse than it’s been in over 10 years and the pain in my hips and legs was excruciating. I was having daily migraines that were debilitating and my glands were swollen and painful all the time. All of this was in addition to a plethora of other ailments that were seemingly undiagnosable. Over the next few weeks as I began working with Kristen, I also attended the multitude of doctor’s appointments that I had scheduled prior to meeting her. During the month of June, I saw 4 doctors, received no answers, and was prescribed at least 9 medications (I lost track because I refused to fill the prescriptions). The last time I went to my General Practitioner, I was told to see yet another specialist, and if that didn’t help then I needed to see a psychiatrist. Keep in mind that it was my GP who had prescribed me the majority of the prescriptions after reviewing my bloodwork and telling me over and over, that other than an active EBV infection, she does not know what is wrong with me, but there is nothing she can do to help me with EBV.



Kristen also reviewed my bloodwork and recommended supplements based on what she saw in my lab results, including something to fight the EBV. Kristen’s interpretation of my labs was very different than what my doctor had provided and it made a lot lightbulbs go off relating to many areas of my health, both what I was experiencing currently as well as issues I had been dealing with for a long time. I started taking the recommended supplements right away and within weeks started feeling a difference.

As soon as Kristen was ready to perform bioenergetic testing on me, I jumped on the opportunity! Although a bit skeptical of this new method of testing my energy to find out what was wrong, I figured it was worth a try since traditional methods had failed me up to this point. I can tell you that it was without a doubt worth a try! The information that Kristen provided to me from the testing was beyond anything that I could have imagined, down to advice on seeking chiropractic care (that helped immensely).

Kristen was extremely thorough during our review of the test results. She made sure to go over every detail and explain what everything meant and what the course of action was going to be to address it if it was an issue. Following our review call, Kristen sent me bioenergetic drops that were formulated specifically for me from the test results.

Over the next 6 weeks I followed Kristen’s instructions to a T. I took my drops and all of my supplements, avoided alcohol, stopped eating the foods the test recommended cutting out, added in foods that the test recommended adding to my diet, rested A LOT, got plenty of sun, ate clean, nourishing food and got adequate hydration, meditated, and went to the chiropractor.

The picture on the right was taken on September 20th, after 6 weeks of following the above protocol. There are no words to describe how much better I feel, but I think that the picture speaks for itself. There is still a lot of work and healing left to do, but I have come further than I could have imagined and it’s all thanks to Kristen’s spot on intuition, knowledge, guidance, bioenergetic testing, and meticulous attention to detail.

I am so grateful that my healing path has led me to Kristen and I’m excited to see what else she uncovers and helps me heal along this journey.

J.W.