



Hello friends, patients, clients & readers!

If you're not on social media, I recently posted an update video, which you can [WATCH HERE](#).

After a necessary season of rest from social media, I feel the Lord calling me back to this little corner of the web to fulfill my mission ❤️ No sooner than I made this same announcement a few months ago... Zach (my husband) got diagnosed with cancer (in February)!!! 🙄👉 So, we got sidetracked temporarily.

Since then, I've hired a new team member to serve as my social media liaison so that I can share what God puts on my heart for YOU, while spending minimal time actually ON social media.

👂 To get up to speed on our journey through cancer and all God has done in a short amount of time, you can **[listen to Zach and I share our testimony here](#)**.

📖 Read: JOHN 15 ♥

John 15:2 Every branch in Me that does not bear fruit He takes away; and every *branch* that bears fruit He prunes, that it may bear more fruit.



MEET CAREEN - she's been my faithful & faith-filled practice manager/virtual assistant for almost 10 years now!! She manages all the incoming calls, texts, emails, scheduling and patient intake, and logistics. She is faithful to pray & encourage ALLL who need it! Careen has the gift of encouragement & "helps", which is necessary for ministry, and for me to again, stay in MY lane with motherhood/homeschooling, patient/client care, group coaching, and program/content creation.

Careen and I met at church (Calvary Chapel South OC) in 2014, about 1 year after Zach and I moved to California from Franklin, TN. She became a patient shortly thereafter, and God blessed her with an amazing health transformation! Careen saw a need as God was growing my new practice & bringing His vision of a Christ-centered Fitness (Indoor Cycling) ministry to life. As God opened "impossible" doors, Careen offered to manage my website & just be my personal assistant for everything (for free!). This practice would not be where it is today without her. If you know her, would

you bless her with a prayer, compliment, or testimony of how she's blessed you in the comments below?? She is a gift from God to me and to everyone who comes through this practice. We all love and appreciate you [@careenlewis!](#)



MEET NATALIE - the newest addition to my team!! She has an amazing health testimony (all glory to God!!) and will be assisting us with all things marketing & media so that I can stay in MY lane with motherhood/homeschooling, patient/client care, group coaching, and program/content creation. I was Natalie's 12th Doctor back in 2018, in Southern California, when she was on a 3 YEAR medical leave, battling debilitating Lyme Disease and other chronic, complex illnesses. God miraculously healed Natalie within 1 year of working with her COMBINED with the Spirit-filled, fervent prayers of small home church/prayer group she was a part of in San Clemente, CA. She met her husband Trent in that little home church, and he too was healed from Lyme in that season! They became best friends, married shortly thereafter, and had their first child less than a year later. They left Southern California for the peaceful countryside of Southern Indiana, near her husband's hometown. They remodeled a farmhouse and now have two littles, Evelyn Rue (4) and Asher Reznor (2). They love spending time together, exploring Hoosier National Forrest and the beautiful lakes nearby.

Natalie dedicated her life to Jesus at 8 years old and has a passion to help others walk in the freedom of Christ. She has a double major in Biology and Kinesiology, and also loves physical therapy, dance, gardening, watercolor design, continuing education in all things integrative/functional medicine, and most of all, building & strengthening Christ-centered community. I hope to utilize Natalie as a group coach/facilitator in my upcoming Group Coaching Programs, as the Lord leads. Natalie has a heart to be the hands and feet of Jesus, and she understands the needs in fulfilling this mission God has placed on my heart!

STAY TUNED...

for more updates & details on our **NEW GROUP COACHING PROGRAM** COMING SOOOON!! 🤗🙌👏

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