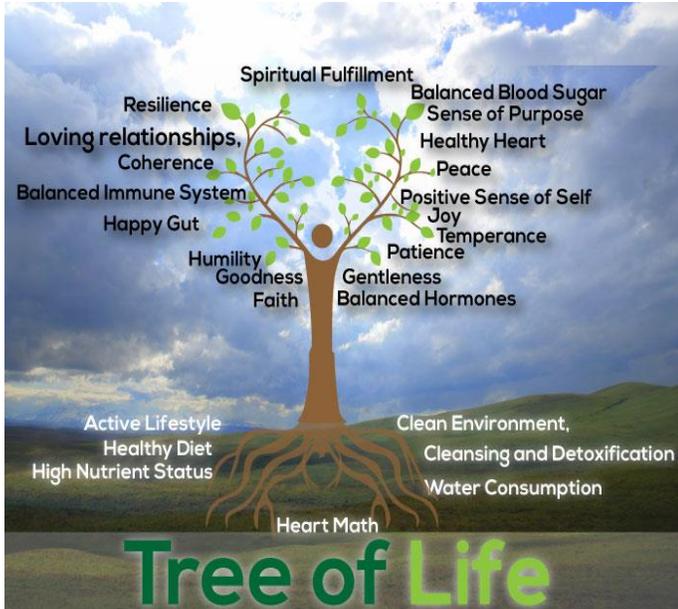




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SANKOFA
HEALING
AND
ENRICHMENT

*Integrating Ancient Wisdom with
Modern Science to Address the
Root Causes of Dis - Ease*



YOUR Personalized TREE of LIFE Health Restoration Plan With Dr. Michelle Gamble, DN Board Certified Alternative Health Provider and HeartMath Coach

You have up to 90 or 180 days from the date of your Sankofa Discovery Session to complete your coaching calls. Choose Your Own Pace under the Guidance of a Trained and Experienced Integration Wellness Specialist.

Sankofa Discovery Session – A 90-minute Initial Consultation and Case Analysis: After taking a complete health and lifestyle history, Dr. Gamble will spend time analyzing your data to begin creating a plan for helping you to reach your health goals. She will work with you to create a plan for additional health or lab assessments, and guide you to the tools and resources that will empower you to put it all into action. You may bring recent labs to the call for review. Dr. Gamble will guide you to what additional tests might be needed and how to get them. (Value \$375)

Report of Findings – A 1-hour In-depth Session: Lab testing allows you and Dr. Gamble review key factors from your health history and lab assessment to determine imbalances. By the end of this session, Dr. Gamble will help you to determine:

- Obstacles that are getting in the way of you achieving the level of health you desire
- Specific diet and lifestyle habits which will accelerate your healing
- Nutrient imbalances that might be contributing to your symptoms
- Hormonal Imbalances...and more!

(Value \$375)

Quarterly Retest Report of Findings (180-day plan) – A 1-hour In-depth Session: Lab retesting allows you and Dr. Gamble review changes in your health status and make appropriate modifications to your wellness plan to ensure your continued success. This is a key step that is missing from many other health programs. (Value \$750)

Tallahassee, Florida 32309

www.sankofahealing.com

(850) 725-8322



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Four (Ten with the 180-day Plan) 45-minute Progress and Planning Follow-up Consultations: Meet with Dr. Gamble online, or on the phone, weekly or every other week - as needed - to follow up on your progress, reassess, and get the guidance you need to put your personalized plan into action. (Value \$775/\$1975)

Unlimited Access to Open Virtual Office Hours: You will be able to get continued support with Dr. Gamble during her virtual office hours on Mondays-Thursdays (Two hours each day). You can simply phone in or use your computer to log into her private Zoom Office to discuss your questions and/or concerns. (Value PRICELESS)

Living Matrix Analysis: We will run your health and medical history and blood test results through a computerized system and you'll get a comprehensive report of at least 10 pages that will outline imbalances found and key organ, glands, and nutrient approaches to restore balance. (Value \$225)

MBody 360 Interactive Digital App – Menu Planner & Recipe Guide: This invaluable collection of low-glycemic, allergen-free, whole foods recipes will become your new best friend. Filled with resources to help you maintain and maintain health. Complete daily menu plans you can follow as is or adjust to your specific preferences and needs. You'll be able to report to Dr. Gamble via text or video chat on a 24/7 basis for 90/180 days and get guidance while putting your health plan into action. (Value \$499/\$949)

Online 21 Day Seasonal Cleansing Program: This life transforming program includes our Advanced Cleansing Kit (mailed to your home), an e-workbook and videos that will give you practical, daily guidance for cleansing and detoxifying mentally, emotionally, and physically. (Value \$249)

Five 45-minute HeartMath Coaching sessions: The “Revitalize You” Transforming Stress System is a powerful set of HeartMath techniques to help you build mental, emotional, physical, and spiritual resilience and optimize performance. You will learn “quick stress breaks” you can easily incorporate into your day-to-day life. (Value \$697)

(180 Day Plan) Ten 45-minute Heart Song Coaching Sessions: The Transformative Heart Song program uses the Sankofa Fruit of the Spirit Meditation System in guiding you to connect with what is most important to you. You will identify and release mental/emotional/spiritual anchors and thus move forward to create and achieve bold goals. (Value \$997)