



Integrative Natural Health C.A.R.E.

Providing Holistic Relief from the pain and
suffering of chronic illness and dis-ease

Dr. Michelle Gamble, DN

Table Of Contents



Customized Accessible Resources and Education



What is C.A.R.E.?



What is Integrative Natural Health C.A.R.E. ?



About the Author

Notices and Disclaimers

Disclaimers / Legal information

All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, without the prior written permission of the author/publisher, except in the case of brief quotations for the purpose of writing critical articles or reviews.

Notice of Liability

The author and publisher have made every effort to ensure the accuracy of the information herein. However, the information contained in this publication is presented without warranty, either express or implied.

Trademark Notice

Rather than indicating every occurrence of a trademarked name as such, this publication uses the names only in an editorial fashion and to the benefit of the trademark owner with no intention of infringement of the trademark.

Disclaimer Notice

This publication is designed for educational purposes only and is not engaged in rendering medical advice, legal advice, or services. If you feel that you have a medical problem you should seek the advice of your physician or healthcare practitioner.

Copyright Information

© 2018 Sankofa Healing and Enrichment, Inc

www.sankofahealing.com

Customized Accessible Resources and Education

Natural Health C.A.R.E.

READY TO

- Become Healthy, Happy and at PEACE
- Take Responsibility for your own Health
- Listen to, and act upon the Infalible Divine Guidance that comes from within you

COMPREHENSIVE CASE REVIEW GROUP MENTORSHIP INDIVIDUAL MENTORSHIP

WE WILL HELP YOU START

- Clearing away the toxic thoughts, emotions, chemical and biological agents that lead to "Dis-Ease"
- Increasing your reserve energy, the necessary prerequisite for healing
- Maintaining a lifestyle that addresses you Individual needs for Spiritual, Emotional, and Physical Balance

WE CAN HELP YOU STOP

- Living in Fear of Diagnoses of Doom and Gloom
- Feeling Trapped and without any alternative to being a dependent on prescription and over the counter drugs
- Being Forced into undergoing Major Surgery, and Chemical Therapies that do Not Heal



C.A.R.E. represents

Natural - we focus on supporting the natural divine healing powers of a person's being using natural therapies that nourish and are in harmony with nature.

Health - we focus on creating wholeness - we focus on the whole person. We promote health and not on the disease process.

C.A.R.E. is an acronym for:

Natural - we focus on supporting the natural divine healing powers of a person's being using natural therapies that nourish and are in harmony with nature.

Health - we focus on creating wholeness - we focus on the whole person. We promote health and not on the disease process. C.A.R.E. is an acronym for:

Customized - We honor the uniqueness of each person - and tailor programs to specific biochemical needs/ personal circumstances of each person and this includes timing, finances, family, etc.

Accessible - We make our programs and Dr. Gamble available in person online, on phone, on Zoom video, and on text and email both live and recorded - based on your convenience.

Resources - We offer discounts with National Lab Network, Online Dispensary, Affiliate Practitioners, Online Resource Center with .pdf files, ebooks, free 21 day challenge, Videos.

Education - Online Webinars, Live Events, Online Learning Center/Courses

We take the time and the care to help you by conducting comprehensive assessments, developing customized programs, and delivering personal care to address unique needs with resources, education, and support to ensure success.

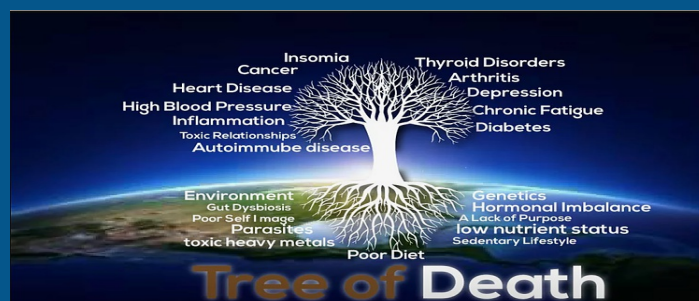
Customized Accessible Resources and Education

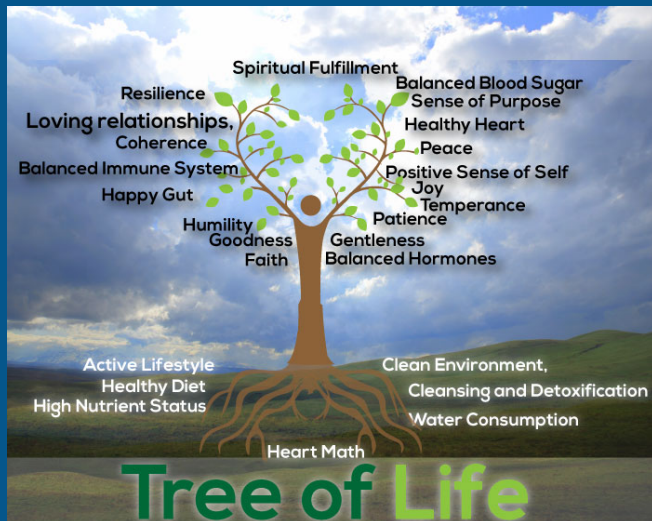
There is growing recognition today that pharmaceutical drugs are simply not the solution for the hundreds of millions of people suffering from chronic health conditions, including autoimmune diseases where the body's innate immune system mistakenly attacks healthy organs and tissue.

Fortunately, in the world of conventional medicine, increasing numbers of doctors and healthcare providers are being trained in a new approach to addressing chronic illness. The field of study is called "Integrative Natural Health".

Essentially, Integrative Natural Health C.A.R.E. advocates shifting the focus of healthcare to a person-centered approach, considering the whole being and dealing with the underlying cause of illness to allow the body, mind, heart, and , soul to heal naturally; rather than just looking at and trying to suppress the symptoms of illness with various medications.

Integrative Natural Health C.A.R.E. is being hailed by many practitioners as an evolution in the practice of conventional medicine, which addresses the health care needs of the 21st century.





In Contrast, What is Integrative Natural Health C.A.R.E.?

Ironically, Integrative Health C. A. R. E. is actually fueling a movement towards what has long been recognized as natural or traditional ancient medicine. At Sankofa, we integrate the wisdom of ancient healing therapies and teachings with the data based knowledge of Modern Science and Technology to assess, identify, and address the root causes of chronic imbalances that manifest as dis-ease. We also stress the integration of Body, Mind, Heart, and Soul.

Additionally, Sankofa strives to make true health C.A.R.E. customized to meet the bio individual needs of each person, accessible to all. Sankofa provides support in the form of various resources and educational enrichment opportunities for individuals, groups and the larger community as a whole.

Simply put, our bodies are designed by the Creator to be healthy. For this, all of our systems need to be operating in balance and harmony – everything needs to be functioning properly. However, things needed by the body to achieve balance and function at its best might be missing, or something might be standing in the way of its best functioning.

In this context, from an Integrative Natural Health perspective, there is no need to diagnose and treat or attempt to identify and cure an illness or disease. And as noted clearly before, Sankofa's Integrative Natural Health C.A.R.E. practitioners do not practice medicine or prescribe medications. In contrast, the focus is simply on addressing deficiencies and/or malfunctions, restoring balance and improving function through entirely natural means appropriate to your particular situation, and allowing your body to heal itself.

Since Sankofa focuses on how the various systems in your body are functioning and correcting deficiencies and/or imbalances that may be prohibiting optimal functioning; the guidance you receive from us can be referred to generally as Integrative Natural Health C.A.R.E.

DR. MICHELLE GAMBLE, DN



This ebook was presented by Dr. Michelle Gamble, DN. On countless occasions, she has dealt with the pain, confusion, and frustration of a medical system that only wanted to increase prescriptions and recommend invasive procedures. Born with a diseased colon that had to be partially removed when she was only 3 days old, Dr. Gamble lived the first year of her life with a colostomy bag attached to her abdomen. She has learned the importance of believing in the impossible and trusting in the body's ability to heal even when death seems imminent.

Over and over again, this message of hope, faith, and resilience has resonated through major turning points in her life: using food and herbs to heal herself and others from chronic illnesses such as diabetes and hypertension and countless diagnoses of psychiatric disorders. Last, but not least, there were times when she was sick in a hospital bed due to the exhaustion of taking care of others only to realize that she was killing herself slowly through self-neglect. Repeatedly, after obtaining only temporal relief from symptoms, she discovered a tried and true system of integrating natural healing modalities and modern scientific advances to receive true "root cause resolution".

Dr. Gamble is an Integrative Wellness Mentor. She has been an educator for over 25 years and a natural health care professional for over 15 years. She earned a doctorate in Naturology and is a board-certified alternative health care provider with training and certifications in Functional Endocrinology and Blood Chemistry, Colon Hydrotherapy, HeartMath, Childbirth Education and Doula Support, and much more. More importantly, she has assisted many people in transforming their health and becoming empowered from previous dependency upon drugs, surgeries, and other medical disease management interventions. Now she wants to pass on to you some of the gifts of healing that were given to her. If you have any questions or comments, please post them below or send them to us at sankofahe@gmail.com. If you're experiencing an intimacy issue, we can help. Call our office at 850-725-8322.

If you are ready for An Amazing Breakthrough, schedule your appointment with Dr. Michelle Gamble, DN. During your consultation, Dr. Gamble will give you a Clarity Action Plan with 3 Breakthroughs and/or Strategies to move your health to the next level: Identification of Primary Mental/Emotional/Spiritual Saboteur Options for possible enrichment tools to improve your situation Identification of most probable organ/system imbalances Suggestions for testing that are most applicable to your symptoms Nutritional and lifestyle suggestions to begin your transformative journey