



Integrative Natural Health C.A.R.E



Customized Accessible Resources and Education

Learn how to break free from chronic illness and become empowered to heal yourself.



South's Healing and Enrichment, Inc.
Natural Health Co., LLC
Lakeland, Florida, USA



Thank you!!!

For choosing to read this very special presentation on Natural Health C.A.R.E. Are you a personal or professional caregiver who suffers from the pain and frustration of living with chronic illnesses, such as cardiovascular disease, diabetes, depression, etc.? Well you are not alone, millions of Americans, indeed 75% of us suffer from one or more chronic illnesses. Every year, according to the CDC more than 650,000 people die from heart disease. More than 80,000 people die from diabetes, 50,000 people die from mental illness through suicide. The reason I bring these statistics to you is not to promote more fear and paranoia, but to inspire you with hope, power, passion and purpose. You see, the CDC tells us that these illnesses are preventable, and in most cases reversible through dietary and lifestyle changes. The CDC goes on to say that the reason so many people are afflicted with these various conditions is not because they are unaware of the problem, but because they lack the education and support that they need to create and maintain life affirming changes.



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TABLE OF CONTENTS



Why Most People Don't Heal – But You Can



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You Deserve More



About The Author



Why Most People Don't Heal – But You Can

Before we begin, I will share with you a little background of who I am and why I care so much about your health. My name is Dr. Michelle Gamble. I'm a non-medical doctor of Naturology and an Integrative Wellness Mentor. As a mentor, I want to teach you how to be physically, emotionally mentally, and spiritually resilient, capable of preparing for, responding to and recovering from any challenge that you may encounter by shifting your focus from the paralyzing chaotic fear of disease to the transformative strategic process of healing. Therefore, I always stress at the very beginning of all my presentations that I am not a medical doctor, and I do not engage in the practice of diagnosing or treating any form of disease. I emphasize this because one of the key distinctions between Natural Health C.A.R.E. and our conventional medical system is that I focus on the person-you, not the symptoms or the diagnostic labels that you may have been given. Indeed, I rebel against the very notion of a diagnosis or what I call medical hexing.

Let us begin with a definition of diagnosis, the fundamental core of our current medical system. As stated by the Cambridge dictionary, "diagnosis" is making up a judgement about the exact character of a disease or other problem after an examination. Now, the danger in this is that we need to ask ourselves, should our doctors be judging a book by its cover? Many times, doctors believe that if it walks like a duck, if it quacks like a duck, if it looks like a duck, then it must be a duck. An example of this is frequently seen in the symptom-based approach to diabetes. My own child was previously diagnosed as a type one diabetic, because her blood glucose levels were extremely high at one point in time. I challenged that diagnosis and after several years, I was finally able to find a medical doctor who accepted her insurance to do the correct testing. The results determined that indeed she was not a Type 1 diabetic, but a Type 2 diabetic, which is completely different in terms of how we approach her healing plan. That is one of the reasons why I say there's a significant danger in medical diagnoses.

Unfortunately, in our country, most of the times when you get a diagnosis, that is the end of the story, right? You've gotten a label, and therefore medical doctors know what to type into the computer and spit out a prescription for certain drugs that deals not with the underlying issues, but just with the symptomology. Your diagnosis is not based on root causes, but simply what your symptomology appears like in your person at that given point in time.



However, the Canadian Medical Protection Association says that the diagnostic process should be a three step process that involves not only a thorough medical and personal history, but also a complete physical examination, as well as an in depth inquiry, not only into the patient's complaints, but also into the evolution of the complaints. Last, but not least, comprehensive lab testing. In addition to follow up targeted tests, these different steps ensure that healthcare is not simply a matter of being able to place a label on a symptomology package, but rather to go deep and become what I term a wellness detective.

Personally, I've always been a problem solver, ever since I was a little girl. I'm not looking for a label, but rather I challenge all of us to look deep under the surface to identify what are the root causal factors that contribute to the illness? How did these causal factors come into being? What were the physical, mental, emotional, and spiritual catalysts that may have started the evolution of disease many years prior to the final manifestation of the symptomology that we can label as diabetes, or hypertension, or cancer, or a myriad of other diagnoses? The reason why these multi layered steps are important is because, 58% of malpractice cases involve failure in the first step of the diagnostic process. Now, if you recall, the first step is that we do a thorough medical and personal history. All too often, a 15-minute visit to the doctor is insufficient to be able to delve within the history of an individual, not only the medical history, but even more importantly, the personal history. In fact, when I do intake with a client, I have to admit that even after almost two decades, I take at least two to three hours to get a thorough understanding of that person's journey. This process is not just simply a matter of cataloging symptoms, but rather; hearing that person's story and understanding how that person got to where he or she is. Natural Health C.A.R.E. is not about treating disease. Natural Health C.A.R.E is about honoring and nurturing the health and wellbeing of the whole person. And this is critical in terms of that history. When is the last time you have sat down with your healthcare provider and talked with him or her for more than 15 or perhaps 30 minutes, so that he or she could truly get an understanding of what your issues are and what the evolution has been.

Secondly, 29% of cases involve inappropriate or lack of testing and processing of the data. They will do a preliminary test which is very, very skimpy. Many people who come to me say, "Michelle, I already have lab tests. My doctor says that my numbers are fine. The thing is that I still feel like crap." Most of the lab work my clients bring me from their medical doctors is incomplete. Yes, your doctor is able to give you a label a diagnosis with this, but I can't truly help you to understand the evolution of what the root causal factors are, until we do a comprehensive testing. Your doctors in many cases will say your insurance company will pay not for a comprehensive baseline panel because unfortunately, we don't have health care in this nation. We have symptom management. There is a big difference between health care and the management of symptomology. The major reason why people are not healing in our nation is because we are not concerned with health. Our medical system is primarily concerned with managing symptoms. Subsequently, a minimal amount of testing is done, because there is no interest in really going deep under the surface to identify what the critical underlying contributing factors are.

Additionally, inaccurate diagnoses are influenced by errors in history evaluations. In fact, this is the point where clinician biases and cognitive errors predominate over identifiable system errors. I call this danger selecting of the diagnosis flavor of the month, depending on the type of practitioner that you go to and what his/her specialty is. If you have a cardiologist, they seem to seem to think that everything has to do with the cardiovascular system. If you go to somebody and their specialty is the thyroid than they think it has to do with the thyroid. If you go to another person and their special slant is "energy healing", they think that everything can be done through balancing the chakras. The danger is that we tend not to be holistic in our perspective. Holistic not only in terms of integrating body, mind, heart and spirit into the proposition of helping someone to heal, but also in terms of looking deep within the physiology and understanding that all the different systems in the body interacts with each other. There is no disease pattern that can be isolated to any one system such as the digestive system, the cardiovascular system, the immune system, the neuro endocrinology system, nothing can be isolated. And yet that is exactly what is done, leading to medical errors. Indeed, according to the CDC medical errors account for over 250,000 deaths each year. Because diagnoses paint an incomplete picture and are influenced by the bias or the specialization of a given practitioner.

I invite you to move beyond your diagnosis. Understand that when you are given a diagnosis, that label is the beginning of the journey of discovery and inquiry. I cannot tell you how many people that have come to me, and after working with me say, "If only I had known. If only I had asked more questions. If only I had done additional testing. If only my doctor had looked to see me as a person, as opposed to just simply my diagnosis." That is why I am on a mission to educate and empower people to go beyond the ordinary to experience the extraordinary of what we call integrative natural health care, where you truly look at root cause resolution for the body, mind, heart, and spirit. I encourage you to take charge of your life. Ask the hard-hitting question WHY, over and over again.

Integrative Natural Health C.A.R.E.



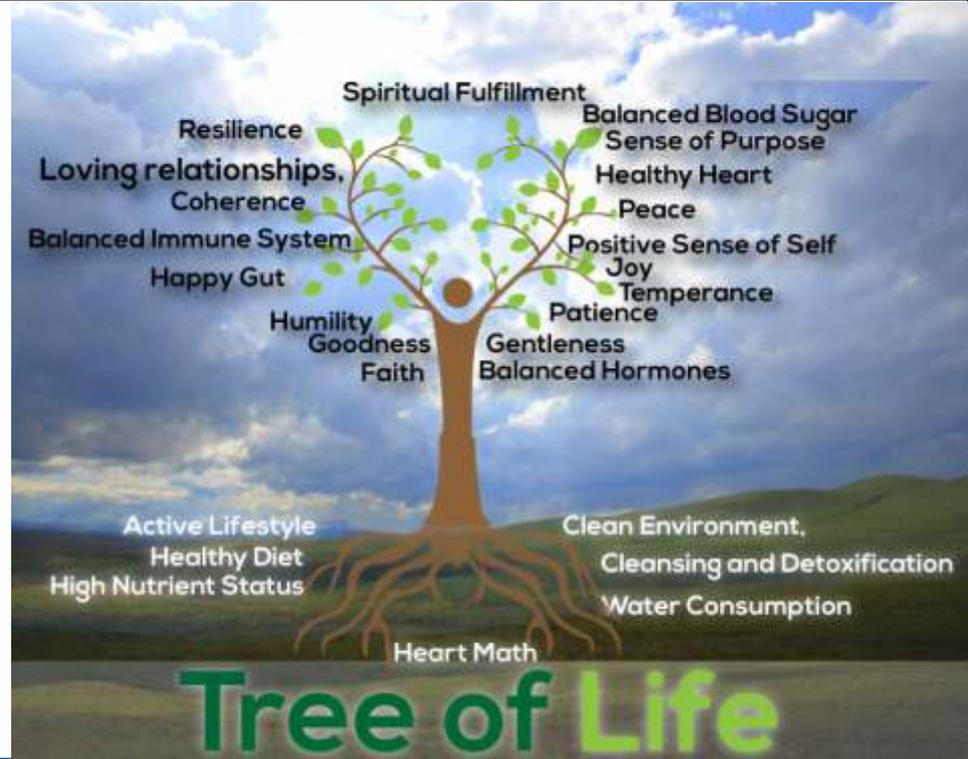
There is growing recognition today that pharmaceutical drugs are simply not the solution for the hundreds of millions of people suffering from chronic health conditions, including autoimmune diseases where the body's innate immune system mistakenly attacks healthy organs and tissue. Fortunately, in the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

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.

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.

Customized Accessible Resources and Education



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.

Natural Health is Your divine Birthright

Natural – We focus on supporting your innate divine healing powers by using safe, nontoxic, effective therapies that come from nature. Our healing and nourishment plans are designed to keep you in harmony with nature. We use food, supplements, herbs, homeopathic remedies, exercise, meditation, hydrotherapy, stress reduction strategies, healing harmonics with trauma resolution program, and many other natural ancient therapies that are confirmed by modern scientific research.

Health - We focus on creating wholeness – body, mind, heart, and soul. - We focus on the whole person - YOU. We promote the activation and enrichment of the healing process. Subsequently, we do not diagnose, treat, cure disease. Our focus is not on the disease process and simply finding a pill for every ill that will merely cover up or eliminate symptoms. On the contrary, we humbly acknowledge, accept, and appreciate symptoms as messages from our inner healer seeking to guide us along the path of healing completely from the inside out.

Getting the C.A.R.E. you need

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. 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.

Accessible - We make our programs available in many different formats. Dr. Gamble available in person online, on phone, on Zoom video, and on text and email both live and recorded - based on your convenience. Depending on your program, you may have the option of scheduling your sessions based on a time of your convenience.

Resources – Our health plans have various types of support, ranging from private consultations to group sessions. We also offer discounts and access to national lab networks, Online Supplement Dispensary, Affiliate Practitioners, Digital Health Guidance System with health tracking app, Online Resource Center with several self-assessments, pdf files, eBooks, free health and wellness challenges, and an extensive library of informational videos.

Additionally, Dr Michelle Gamble has two published texts available on Amazon.com: Mommy: Birthing the Goddess Within for Our Children’s Sake and, Creating a Happier, Healthier You: 3 Steps to Break Free from the Pain and Frustration of Suffering with Chronic Illness.

Education – We invite you to join us for Online Webinars, Live Events, Online Learning Center/Courses. Be sure to sign up for our e-newsletter for event updates, health tips, and recipes.

READY TO

- Become Healthy, Happy and at PEACE
- Take Responsibility for your own Health
- Listen to, and act upon the Infallible 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 your 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





You deserve more

You can be powerful, protected, purposeful, passionate, and at peace, no matter what the circumstances in your environment may be. I want to teach you how to be a health detective with the tools and skills needed to assess yourself and the ones you love to be able to identify the root causes of disease, the mental Gremlins, emotional anchors, spiritual voids, and physical imbalances that have been sabotaging your best and most sincere efforts and intentions to improve your health and wellbeing. Your health care provider should be there to coach you through the process of breaking free from the toxic habits, foods, thoughts and emotions that have stolen your vitality and joy over the years and threaten your ability to continue to provide care and support to those you love. More importantly, demand that he/she teaches you fundamental concepts that will be the key to permanently unlocking the door to a new you rejuvenated, made whole by the foods, herbs, and natural therapies that are customized to address your individual biochemistry while taking into account your genetic and historical profile.

You should not have to waste valuable time and money while someone practices with educated guesses and the application of generic protocols for symptom cures. You deserve not to suffer from the conditions which are simply managed with pharmaceuticals and palliative therapies that do not address the root causes of your disease and also cause more damage in the process. You deserve a doctor who is devoted to being compassionate caregiver, a creative Coach, an experienced natural healing consultant who is skilled in research based protocols, a nurturing and accessible confidant, a masterful classroom teacher, and a comprehensive clinician with depth and breadth of training in various natural healing modalities along with an understanding and access to functional lab testing. Most importantly, you deserve someone who sees you the true You and not a simply a list of symptoms and diagnoses.



As a mother of five children, I myself ended up in the hospital, unable to care for the ones I love due to a chronic illness that reached a level of crises. I know the pain of suppressing your personal suffering, becoming a martyr in service to others. I know the frustration and confusion you feel about what to do after trying so many different paths. I am here to deliver the GOOD NEWS that you do not have to remain shackled to the impending death and despair of chronic illness. I impress upon the dire importance choosing to be proactive by taking action now. We all need assistance in our journey to become the best version of ourselves. I invite you to STOP the suffering and confusion by booking a Complimentary Natural Healing Breakthrough Session with me.

I would love to hear your story, explore ways that I may support you, and provide you with a plan to Guide you in your journey to reclaim your health naturally- body, mind, heart, and soul! During this private session, we will identify the most likely root causes of your chronic illness and explore various healing paths and options that are available to you and choose those that are most likely to address your individual needs. While I would be honored assist you along the path of holistic healing, my priority is to "Do no Harm".

Therefore, I humbly make you the following promises:

I will always put your interest first and do what I believe is best for you.

I will do my utmost to fully understand your needs and wants, so that I can help you make the right health care decision.

I will listen and genuinely take into consideration, your questions, comments, remarks, or suggestions regarding how I can best serve you.

I will do all I can to satisfy you, beyond expectations.

I will treat you as the most important person in the world.

I will be honest and genuine in my presentation and proposals and not oversell or lie in order to promote my products or services.

I will always propose the best solution for you, and clearly state why it is the best solution – even if it means not working with me.

In closing, I encourage you to seize the time. Contact us for your Preliminary Consultation and take a decisive step toward a life filled with power, passion, protection, purpose, and peace. Remember today is a present and tomorrow is not promised.

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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