



Teas Tinctures Energy Healing Health Coaching

My mission is to support your healing journey without breaking your wallet. The Happy Herb Apothecary offers a variety of affordable programs and services that cater to your needs.

### Body-Positive Health Coaching

\$75/month; includes 2 one-hour sessions

I offer 3-month or 6-month health coaching programs customized to your needs. Using a unique approach to holistic health coaching, I'll not only examine what's on your plate but also identify and help remove any energy blockages that are preventing you from living a life you want. Are you looking to be healthy on your own terms? Are you looking to examine your food cravings or emotional eating from a deeper perspective? With a combination of health coaching, energy healing, and herbal consultations, I am here to help you cultivate a healthier lifestyle on your own terms.

#### What We'll Work On

- Identifying and removing any energy blockages that are preventing you from cultivating better health & lifestyle habits
- Understanding and reducing any junk food cravings
- Achieving and maintaining your ideal body weight
- Feeling confident, healthy, and beautiful, no matter what size you are
- Addressing and removing any emotional eating habits

#### What You'll Receive

- 2 one-hour sessions per month
- One 30-minute energy healing session per month
- Herbal consultations (if necessary)
- Various handouts, samples, guides, and gifts
- Special discounts for medicinal tea/tincture crafting
- Free access to workshops and online seminars

### Reiki Energy Healing and Pranic Healing

\$30 for a 45-minute session (Distance Healing is Available)

Sometimes traditional methods of treating illnesses, emotional issues, and physical ailments may work better when complemented with natural, subtle alternatives. With an energy healing session I can help you discover the areas in your body that are needing healing, that are blocked, or that are unbalanced. Channeling Universal Healing Energy, I can work with your body's own healing mechanism to help clear or unblock energy that is inhibiting you. During our session I'll go through a brief consultation and discuss your needs. Then I'll go into the actual healing process. Lastly, I'll end the session discussing what you've felt, heard, or saw. Whether you're looking to help heal a physical ailment, to do soul work, or to just to relax, energy healing is a great way to gain a deeper perspective of your physical, spiritual, and emotional needs.

### Herbal Consultations and Tea Crafting

\$15 for Consultation; Prices Vary for Tea/Tincture Crafting

Do you have a particular ailment you're looking to address in a more natural way? Maybe you're on medications but you want to look for healthier alternatives? Whatever your needs are, I can assist you with finding the proper natural alternative with an herbal consultation. Or if you need a tea specifically made for a particular ailment, I can craft a special, personalized blend just for you.

To schedule your service please contact me at [courtneycherae@gmail.com](mailto:courtneycherae@gmail.com) or (817) 235-9394.

Or visit my online shop at [www.mkt.com/thehappyherb](http://www.mkt.com/thehappyherb)

*If you have any questions about my services or would like to schedule a free consultation, please contact me, Courtney Cherae, at [courtneycherae@gmail.com](mailto:courtneycherae@gmail.com) or (817) 235-9394.*

*I look forward to working with you!*

*Need financial assistance? No worries!  
Payment plans and scholarships are available.*