

WHOLE BODY BRAIN

Transformation

IMPROVING

MOOD, SLEEP & FOCUS

for Moms

WITH REBECCA PARKER, ND

IMAGINE...



what if

You fell asleep easily, slept soundly all night, and woke up every morning refreshed and ready to fly out of bed with abundant **energy** for the new day.

what if

You were **patient** and consistent with your kids no matter what time of the month or what triggers came your way.

what if

You were able to be fully **present** for your family as your best self – happy, calm, peaceful, relaxed and healthy.

Without

medications that are addictive,
have unpleasant side effects, or
knock you out so much that you
are unable to respond to your
family's needs.

YOU KNOW THIS HAPPY, CALM,
WELL-RESTED, FOCUSED VERSION
OF YOURSELF IS POSSIBLE.

But you're not sure how to get there.

How you might be addressing your health

- You have been putting the needs of others ahead of your own, forgetting that that in order to take great care of others you need to take great care of yourself.
- You have been so exhausted and overwhelmed that you don't have the energy to figure out how to get the help you need.
- You feel it hasn't gotten bad enough yet. You can still push through and get your tasks done, but you are worried things will get much worse.
- You lose motivation or have negative self-talk which leads to behaviors that don't serve you.



IT DOESN'T
HAVE TO BE
THIS WAY.

There is another approach.



REBECCA PARKER, ND

Hi. I'm Rebecca.

I created **Whole Body Brain Transformation** because I truly understand what it's like to live life feeling exhausted, anxious and depressed. It is now my life's passion to help moms free themselves from feeling this way. I suffered from severe insomnia for many years after the birth of my son. For about 7 years, I would have frequent nights of less than 2 hours of sleep, often many of these nights in a row. I know what it feels like to drag yourself through each day pretending not to be as exhausted as you are. I know what it feels like to desperately try to muster up the patience to be a good mother when your brain is full of fog. I know what it feels like to worry each night about whether, when you close your eyes, your body will actually let you sleep. I know what it feels like to feel a sense of loss of joy in your life and a feeling of hopelessness. I know what it feels like to feel you have lost control over your own life.

I KNOW WHAT IT'S LIKE.

I have sat where you are sitting right now.

I practiced sleep hygiene, did cognitive behavioral therapy for insomnia, went to a naturopathic sleep specialist, went to psychiatric sleep specialist, took handfuls of supplements and tried medications, but eventually I realized that unless you **get to the root**, profound healing is not possible.

I spent years learning everything I could about my body – studying genomics, neurotransmitters, functional medicine, the endocrine system, the GI system and energetic medicine – in an effort to heal myself.

Now it is my life's mission to teach other moms how to improve their mood, sleep and focus so they can have more energy, patience and presence for those they love.





All those years of research have paid off. Today, I am thrilled to say that I sleep well every night. If I wake during the night, I am blissfully able to fall back asleep. I feel energetic, happy, calm and am excited to help other moms feel this way too!

I am thrilled to be able to share my signature program with other moms, so they too can transform their lives. This is a truly holistic program that will bring balance to your mind, body and spirit. I bring my 20 years of experience in holistic health care and my 10 years of experience as a mom to these programs.

With love,

REBECCA PARKER, ND

Doctorate of Naturopathic Medicine, Bastyr University, 2007
Mastering Brain Chemistry, Walsh Research Institute, 2020
New England School of Homeopathy Certification, 2007
Nutrition Educator, Bauman College, 2000

Why I work with Moms

As a single mother, who has raised her 10-year-old boy on her own, I can relate to the moms who keep pushing through their exhaustion, depression, anxiety and lack of focus to be there for their kids. I can also relate to the moms who in the midst of everything they have on their plates, forget to prioritize self-care. It is my joy to support these moms through their healing journeys. My mission is to guide them every step of the way so they do not have to do it alone. I feel very strongly that moms need someone to care for them so they can care for the precious beings that are the future of our planet.



IN ORDER TO
HEAL YOUR

Brain

YOU NEED TO
HEAL YOUR

Body

HOLISTIC APPROACH

Body

Functional testing of blood, urine, saliva, hair and stool for a comprehensive look at your nutrient status, neurotransmitters, hormones, food sensitivities, digestive function, gut health, metabolism and genetic patterns. Customized plans based on the results of these tests.

Mind

Rewiring your thoughts, beliefs and patterns to those that serve and support you. Customized nutrients to support your unique biochemistry and create balanced brain chemistry tailored just for you.

Spirit

Energetic support through flower essences, hypnosis, gratitude, connection and meditation.





WHOLE BODY BRAIN

Transformation

- Fully customized comprehensive strategy to reclaim your mind, sleep and mood that is guided by your whole health history and lab results.
- Weekly 1-on-1 video consults with me, as well as unlimited messaging between consults.
- Action items to keep you headed toward your goals.
- Targeted assessments to track your progress.
- Fully supported through the entire process by someone who cares deeply for your inner fulfillment and holistic transformation.

Transformation

THE STEPS OF OUR JOURNEY

I

Support

Feel fully supported as we begin this journey. Shift your habits and thoughts to those that support you. Set yourself up for success with sleep. Learn how to prioritize self care and easily fit it into your day.

2

Nourish

Customized targeted nutrients to nourish your brain based on your unique biochemistry. Learn how to shift your lifestyle to a more nourishing one that feeds your mind, body and soul.



3 Balance

Balance your hormones, adrenals and sleep cycle. Shift your body into a regenerative state.



4 Heal

Heal your gut to heal your brain. Repair your gut-brain axis. Optimize nutrient absorption.



5 Thrive

Restore your nervous system. Learn how to best support your body, mind and spirit so you can thrive based on your specific genetic tendencies.

TESTIMONIALS

"Throughout my professional relationship with Rebecca, I have always found her to be exceptionally knowledgeable, smart and obviously well-educated. She is kind, compassionate and caring. Her listening skills are exceptional. She has a genuine desire to heal her patients and is certainly effective at doing so. She is a warm, genuine and wonderful individual. Many times she was intuitive, insightful and brilliant at identifying and solving some rather complex issues...

It is not an exaggeration to say that she has changed my life and vastly improved my ability to enjoy its blessings and bounties." P.S.

TESTIMONIALS

"She helped me profoundly and I am eternally grateful for her care, her close attention to detail, her creativity and her kindness. I shudder to think what state I might be in today had I not been so lucky to find her...

Throughout the whole process, Rebecca listened to my concerns, thought outside the box on creative approaches to my situation, and ultimately, got me back toward health and vitality. That was now 4 years ago and to this day, I continue feeling great...

Rebecca is highly gifted at helping people get to the root cause of their trouble. I have recommended her to friends and colleagues and will continue to sing her praises." K.B.

TESTIMONIALS

"I was at the end of my rope and was feeling so hopeless, like this would just be how I lived my life from then on. I remember our first session I was explaining a symptom and she looked at me and said, "well, there's no need for you to feel like that anymore, we can do something about it." She offered both help and hope to me! And as I have discussed with her other health concerns or frustrations, she has met all of them with the same attitude - going above and beyond to do research on how to treat and help me, and never settling for "that's just the way it is for you."...

I have never felt better in my life, and after years of seeing doctor after doctor, she finally offered me answers and solutions. There is no reason to wait! You will be so glad for the help she can offer you in your wellness journey." M.M.



WHOLE BODY BRAIN

Transformation

PERSONALIZED
SUPPORT

ALL LABS
INCLUDED

CUSTOMIZED
TO YOU

Join me for a 6-month, high-touch wellness program that gives you 1-on-1 support to help you optimize your mood, sleep and focus in a completely customized way. Start your journey toward a life full of energy, patience, presence, calm, focus and joy.



Want to work together?

Click the button below to book a 30-minute call with me. On the call, I'll ask you some questions about your journey and learn more about your goals.

At the end of our call, one of two things will happen: You'll be a perfect fit, and I will extend an invitation to work with me as one of my clients...

Or, if it's not a good fit, there won't be any hard feelings and NO obligations on your part – I will simply suggest another option, and point you in the right direction.

[CLICK HERE
TO BOOK A CALL](#)