



# Thyroid Therapy

Natural Health Specialist.

Certificate, worldwide experienced holistic healer and thyroid specialist.

Thyroid restoration program, is a natural health therapy to harmonise the thyroid gland.

The healing modality is developed over 30 years of natural health studies.

All thyroid health coaches are trained to recognise and balance hyperthyroidism, Hashimoto thyroiditis, and other unbalances.

As a thyroid health coach, I can assess the client through a medical body check, natural holistic scan and life style health questionnaire form. I support my client with life coaching, nutrition, diverse massage techniques and energy healing.

The thyroid gland is a doctor of the human body, it is connected to all cells, mental health, hormones, emotional health, and temperature regulation. Another name for the thyroid gland is the sacred heart, a very profound gland within the human body. In this time, an unharmonised thyroid gland is very common and it is the cause of 300 diseases. Woman are the most effected and the problem is often created by an unnatural lifestyle.

## Health Coach & Therapist

My name is Gigi Indigo, I was born in the Netherlands and since 2014 I have been fortunate enough to travel and learn worldwide about natural healing modalities. My journey started out of necessity, to heal myself from unhealthy cells, one stage before cancer was diagnosed. Through nature's wisdom, I managed to find the cause of the problem and healed unbalanced organs, hyperthyroidism, a burned out mind & the unhealthy cells in my body. By healing myself, I found my mission in life, **“Create a positive evolution by healing thy heart”** and ever since I have been in service living and sharing a lifestyle in harmony with nature. I love to share nature's wisdom in natural health therapies, treatments, workshops, lifestyle, nutrition, food & drinks and creating spaces that deliver on all of these points (AumiTao). Being in service as a holistic healer is a great way to follow my mission in life. My passion is to correct unbalance holistically, like a puzzle, focusing and healing the cause of the root problem.



“Supporting lifestyle in harmony with nature is my mission & passion”

Thyroid Therapy Techniques: Massage - Intuitive, Remedial, Emotional, Pressure points, Reflexology, Deep tissue, Organ/gland balance & Relaxation. Energy Healing - I am an instrument of the divine. Tuning in, I connect as a channel for the highest healing to take place.