



How to Reclaim Your Life, Take Back Your Body and Give Your Disease a Back Seat

Living with chronic pain, disease and discomfort is hard, there's no doubt. What makes it harder is when your disease becomes your whole life and you not only lose hope but you lose yourself in the process. Studies show that when faced with illness, your mindset is one of the most important factors in if and how quickly you recover.

In order to reclaim your life, take back your body and give your disease a back seat, mindset is key. When you can stop identifying with your disease, you'll be able to make better health decisions, have fewer symptoms and less anxiety about your health.

In this engaging and practical presentation your audience will:

- If you don't let your disease settle in and it will be easier to kick it out
- Knowing who you are outside of your disease reminds you of the place you are coming back to - health
- Deep healing is possible when you ask "What am I supposed to learn right now?"
- Learn how to take charge of your health and move forward with confidence

Desirée Brazelton is a nationally known homeopathic practitioner and conscious parenting champion who teaches her clients how to create better relationships with themselves, their children and their world so that they can live with purpose, health and joy. Desirée is a Certified Homeopathic Practitioner, a board member of the Northwestern Academy of Homeopathy, a graduate of the Hoffman Process, a member of the Minnesota Homeopathic Association, the North American Society of Homeopaths and the National Center for Homeopathy. Desirée has been published in multiple magazines including Homeopathy Today and has been a guest on a number of podcasts where she shares her parenting insights. Desirée is also the founder of the Conscious Moms Club which is a group of moms who work together to create parenting relationships that they love. When not in the office, Desirée can be found wandering through the woods near Lake Superior with her two dogs, Ike and Leo. She can be reached at desiree@desireebrazelton.com.