



Heal and Elevate Your Life

**The Simple 3 Step Blueprint
That Helps You Reclaim Your Health**

Sue Moore

www.suemooreonline.com

Does This Sound Familiar?

To kick things off I have a couple of questions for you...

Are You...

Someone who has received a diagnosis of an autoimmune disease and in physical pain with symptoms flaring up throughout the day?

Scared you'll be reliant on pain killers for the rest of your life and at the mercy of their side-effects?

Worried that your health will decline and you'll end up in a wheelchair?

Anxious that you might have to leave your work and that your family will struggle financially?

Feeling frustrated because you never seem to move forward with your health no matter what you try ?

Finding that your health is becoming one of the biggest sources of stress in your life and you're wondering if you will get through it?

If you said YES to any of these, then you're in the right place, and my big promise to you is to provide another option for you.

For those of you who don't know me, let me introduce myself.

I'm Sue Moore, founder of Sue Moore Online, and I'm going to show you HOW it's possible to get over your disease, without sacrificing your relationships with family and friends, reclaim your health so you can live your dream life.



You may think this is too good to be true..... yet stay with me as I share a different perspective on what's truly possible for you and your health right now.

So before I dive into the 3 steps that can help you reclaim your health, let me explain a bit about me so you know you're in safe hands and why I'm so passionate about what I'm about to share with you.

This is where I give the disclaimer, I am NOT a medical doctor, a physician or recommending a medical treatment in any way ...

I'm a Health & Lifestyle Coach and I'm on a mission to help 1,000 men & women, heal themselves from the inside out from chronic lifestyle diseases enabling THEM to live a vibrant life doing what they love with those they love the most.

I've spent time researching the best information, modeling the best belief systems and cutting edge body-mind therapy.

I was diagnosed with Multiple Sclerosis (MS) and reversed it 9 months later. We'll get to how I did that in a minute.

I'm an Amazon International Bestselling Author, been featured on Gaia and interviewed on many podcasts, radio shows as well as spoken at events and retreats.

Having studied and worked in the field of neuroscience, mind-body connection, personal transformation, yoga and meditation for 10 years, I specialize in helping people globally master their mindset, manage their emotions, follow their heart and maximize their true potential.

I believe it's possible to turn your challenges into your biggest victories.

When I'm not coaching or teaching you will find me at the beach, walking in nature, socializing with family and friends or creating healthy meals. 😊

What you're about to discover in our time together is the "missing link" for you to reclaim your health and live a vibrant, happy, healthy life.

I will be outlining YOUR step by step health blueprint that shows you how to :-

- **break free from suffering from an autoimmune disease or any other chronic lifestyle disease**
- get rid of your body pain, inflammation and all of your disease symptoms
- **win back your life and start living it on YOUR terms without isolating yourself from the people who matter the most to you**

We all understand that when you've been diagnosed with a chronic disease it's not only tough on you, it's tough on your loved ones too.

You're looking for answers and FAST, because your symptoms are gradually getting worse, you're in pain most of the day, probably popping medication to curb the pain.

You feel you've tried EVERYTHING but still deep down you know that there has got to be

another way for you to get better.

And believe me there is because I have done it and so can you.

You will discover how to get your life back, live in vibrant health, and free from pain, medication and the side effects they cause.

So my big promise to you is a 3 step health blueprint that can break you free from suffering from the 'diagnosis' you've been given.

This doesn't involve a new release drug, infusion or any medication that causes side effects.

I'll break down my step-by-step framework that helped me regain my health, so you can create your own unique health blueprint too.

You will learn how vibrant health is possible for you even if you feel you have tried all the latest diets, drugs and EVERYTHING else in between.

It's the formula that many people around the world have used to reclaim their health and make their dreams happen. So I believe if they can do it then so can you.

And sadly, many people in the medical profession would rather you didn't know this.

I'm here to show you another way. Just to be clear though, what I'm about to share isn't for everyone. So before I tell you who this is for, I have to be real and tell you who this is NOT for.....

if you are someone who

- ONLY believes that medicine can help you get better
- doesn't believe there is an alternative solution for you
- gives your own health and power away to the opinions of doctors, family, friends and work colleagues
- Is unwilling to change and prefers to stay stuck in your current situation

THEN what I'm going to share with you IS NOT FOR YOU, and I suggest you save some time and stop reading this.

However if you're ...

- Curious about seeking out an alternative solution to your current situation
- READY to be free of your disease
- open minded and committed to your health and wellbeing more than your past limitations

Then you're in the right place, this is definitely for you and I know you're ready to take the next step!

So if that's you and you're ready to get started, let's do this together!

Stay with me and you'll discover the following 3 secrets

Secret 1

You Can Create A Healthy & Vibrant Body and Mind Simply By Addressing The Root Cause of The "Dis-Ease"

Secret 2

Using Just 3 Simple Steps You Can Overcome Any Autoimmune Disease Without Drugs, Expensive Doctor Visits, or "Magic Pill" Solutions

Secret 3

There's Only ONE Decision You Must Make In Order To Thrive In Your Newfound Health & Live A Happy, Healthy Vibrant Life

Why this is so important now!

I'm sure you'll agree with me that there is a current global health crisis. Irrespective of the advancements in new medications, people are getting sicker. According to the Autoimmune Association, there are over 100 autoimmune diseases, with 50 million Americans (1 in every 5 Americans) having one or more autoimmune diseases.

Approximately 75% of those affected are women. Globally cases of autoimmune diseases are rising between 3% and 9% each year.

10 Common Autoimmune Diseases (Alphabetical Order)

- Celiac disease
- Graves's disease
- Hashimoto's thyroiditis
- Inflammatory bowel disease (IBD)
- Lupus (SLE)
- Multiple Sclerosis
- Psoriasis
- Rheumatoid Arthritis
- Sjogren's syndrome
- Type 1 Diabetes

Living in today's society has taught many people to look for a 'quick fix' to get out of pain and become more dependent on medication. As a result people have given their 'power' away to others and have forgotten their own unique greatness.

If you've settled, accepted and are OK with your current health challenges then you're never going to realize your true potential and live a vibrant happy healthy life.

So the question to ask now is ...

'Do you want great health or are you ok with just being 'OK'

Remembering that overcoming a disease isn't a linear journey.

So are you COMMITTED to stay true to the possibility of reclaiming your health, whilst riding the ups and downs of life?



The Problem You *Think* You Have?

You think you need the latest drug or the new diet that will work on your symptoms! However have you asked yourself, what is this cocktail of medications doing to your body?

You might be constantly worrying and stressed about your diagnosis, your symptoms as well as the financial burden of the treatments and medications you've tried in the past. Wondering what happens if your health starts to decline? What happens if you do nothing?

If you don't deal with your thoughts, your stress levels and how you perceive your current health challenges you may never reach optimal health.

The ACTUAL Real Problem

The OLD WAY of our 'health system' is archaic and unsustainable, as it leaves you dependent on medications and suffering from their side effects.

If you feel like this, that's OK because I did too for a while before I discovered the 3 steps I needed to take to break free from dis-ease.

I believe you too, can break free from the disease, your symptoms, your pain, your low energy, and feeling like a victim of the disease.

Once you break free from the system ...

You'll move from a stressed life to a blessed life. You'll no longer be in pain and regain your mobility. You'll have an inner belief in your ability to **CREATE** the life you want **NOW**.

Imagine every day waking up feeling energized.

You will feel more confident with a stronger belief in yourself. You will finally see the gift in the disease and know that it is all part of your healing journey. This place is where I was able to get to. But things weren't always like that for me...

Life before the diagnosis

Growing up I was a shy kid. I felt different and an outsider at school. I desperately wanted to be liked by the 'cool kids' at school. After Uni, I took my parents advice to 'get a proper job'.

On the outside all was good a loving husband, home, good paying job, training for a marathonalthough on the inside I felt trapped in the life I had created. I was never interested in climbing the corporate ladder, instead I felt that there was a bigger game for me to play in life, although I hadn't figured that out yet.

Deep down I knew there was more to life..... I was sick of feeling that I was just treading water ALL the time, surviving through life, feeling unconscious working for 5 days of the week, and then coming alive again in time for the weekend at 5pm every Friday.

I wanted to THRIVE, not SURVIVE! Can you relate?

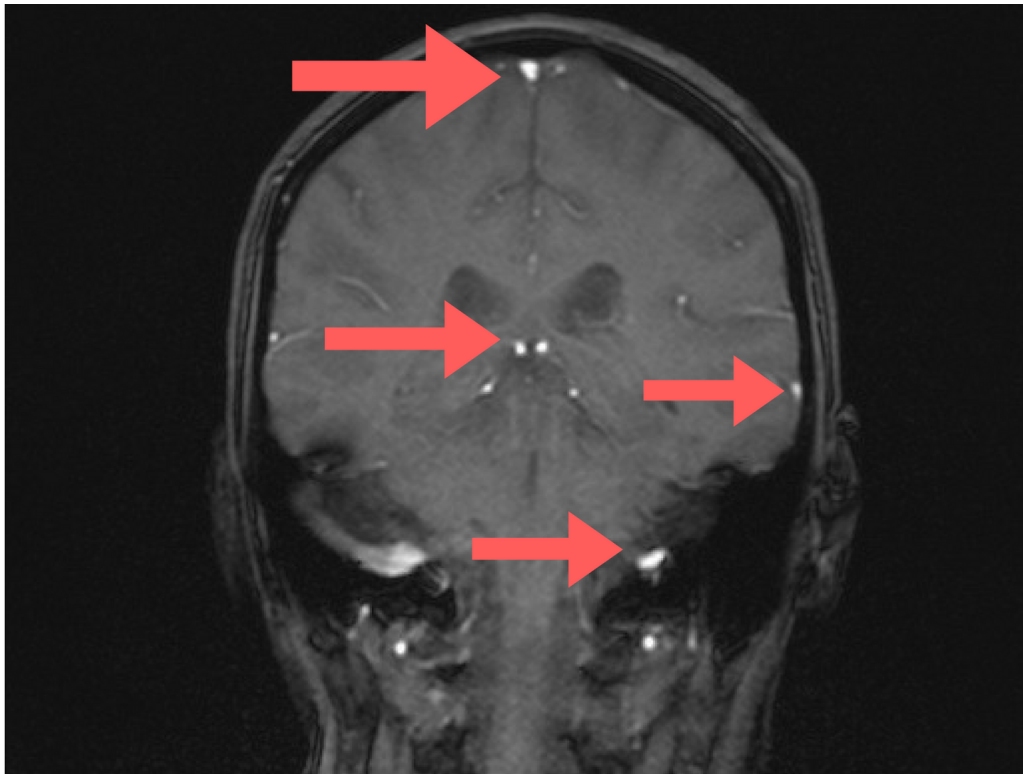
The Day I Will Never Forget!

Back in October 2014 I was training for my first marathon, and I was the fittest I'd ever been. Two weeks out from the start of the marathon, I had a migraine that lasted for five hours. I woke up from this migraine, with numbness in my right leg and unable to feel my right foot.

After a month of medical tests, I was told by a neurologist that I had 8 lesions on my brain, and I received a diagnosis of Multiple Sclerosis (MS).

My whole world as I knew it started to crumble around me.

WHY ME!!!!!! What have I done wrong I thought.



I was told that some medication might help reduce the symptoms and prevent future attacks from happening, but also they might not work.

This sounded like playing Russian roulette to me. Why would I choose to take drugs that might not even work ... and that was before I looked at the side effects of the suggested medications.

My Light Bulb Moment

I was in shock with what was happening. I was the fittest I'd been. I was eating well ... I was training for a marathon ... it just didn't make any sense to me!

Every morning, I put on a brave face appearing to the outside world that nothing was wrong. I dragged myself out of bed and fuelled my body with caffeine and sugar to keep me going and do what was expected of me at work, meeting project deadlines, the expectations of me and my role at work.

Every night I would come home, fall in a heap on the lounge room floor, sobbing in the fetal position. I felt broken, helpless and with no energy. I was sick of my life, it felt like I was just existing, surviving each day rather than thriving in my life.

I repeated this daily pattern UNTIL I was introduced to a mentor. It was only then that I was able to turn things around.

I realized that my years of negative thinking, guilt, fear, self loathing, resentment, frustration, not feeling good enough ... (the list goes on).

All of this internal dialogue and repressed emotions had finally caught up with me and manifested physically in my body.

And THAT was my lightbulb moment.

I was able to then invest in my health, my dream life and myself through a system that has allowed me to heal myself and now help other people, like you, who find themselves in a similar situation.

Opportunity To Heal

I had heard about the 'placebo effect' in drug trials. You see, in order to test the new drug's effectiveness, doctors would give half the patients on the drug trial, the new drug and the other half a sugar pill. A certain percentage of people who were given the sugar pills got better. However it wasn't the medication that made them better, as they didn't take it.

So it got me thinking how did they get better if they didn't take the new drug? It wasn't the medication that helped them recover, so what was it?

I researched more and was excited to find many examples of people who had spontaneous

remissions from chronic diseases.

In 1993, the institute of Noetic Sciences published [Spontaneous Remission: An Annotated Bibliography](#) which is a database of medically reported cases of spontaneous remissions around the world. It contains more than 3,500 references from more than 800 medical journals in 20 different languages.

This was all the evidence I needed to know that if it was possible for them to turn their life around, it was also possible for me too.

**AND if it was possible for them to turn their life around,
it is also possible for YOU too.**

Because I believed that the innate intelligence that made the body could heal the body.

I just had to find the perfect solution that was right for me, which I did. That winning combination, my holistic approach has resulted in me leading a vibrant healthy life since then.

My wish is that you can experience the same in your life, that is why I'm sharing it with you now.

Discovering the 3 Steps

People seem so conditioned these days, to believe that medication is the only answer to solve their health condition.

However most of the time, it only addresses the symptoms and rarely addresses the root cause.

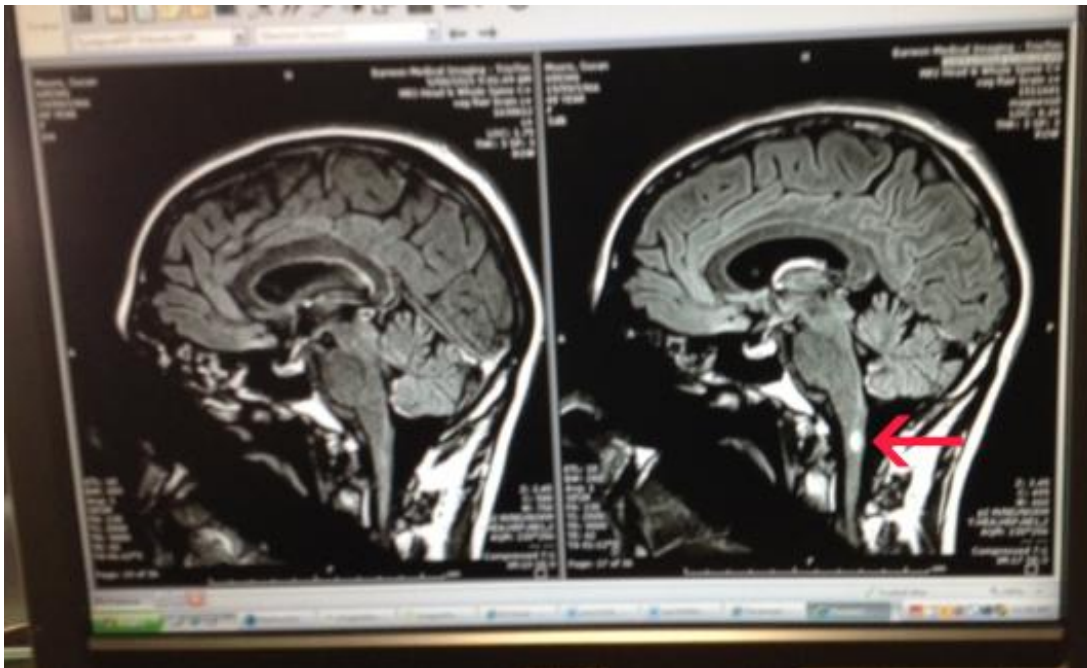
The hidden truth is that our bodies have the innate intelligence to heal themselves IF it is given the right conditions and environment to thrive in rather than survive.

Once I discovered that secret, I was able to reduce my stress levels and body inflammation whilst improving my health, mental clarity and peace of mind.

Reversed MS in 9 months!

By implementing what I had discovered, I transitioned from receiving an 'incurable disease' diagnosis and unable to feel my leg, to running a marathon 8 months later.

The next month my neurologist told me 'out of the 8 lesions you had, most of them have completely disappeared and the few that remained have significantly diminished'. This was without taking any medication whatsoever., and in a 9 month period.



The image above is of my MRI scans (9 months apart). On the RHS you see a lesion (red arrow) and on the left hand side no lesions, 9 months later.

Fast forward, five years after my original diagnosis, my neurologist told me that 'seeing you here in front of me with a clear MRI scan, and the original diagnosis it's like 2 different people, it doesn't correlate. Whatever you're doing, carry on doing it!'

I know you might be skeptical, thinking that it's too good to be true. That every person who receives a diagnosis of the same disease is different. Yes I totally understand that.

And I'm not wanting to impress you with this story, but to impress upon you that if I can do it

then you can too!

Think of it as a '4 minute mile' and social proof of what's possible. Remember all of the 3,500+ cases of people who have had [spontaneous remissions](#) from 'incurable diseases' too.

Using another analogy of what's possible...

Before Roger Bannister set a new world record in 1954 for running a mile in under four minutes, many people told him it was impossible.

He believed he could, put in the work and realized his dream. Since then many people have followed in his footsteps and have run a mile in under four minutes.

“However ordinary each of us may seem, we are all in some way special, and can do things that are extraordinary, perhaps until then...even thought impossible.”

Roger Bannister

What do you believe is possible for you and your health?

Before I couldn't feel my foot, had constant brain fog, was exhausted all the time, felt constantly stressed at work and kept putting people's needs before my own.

Now I have complete mobility, I'm symptom free, intuitively I understand my body's needs and the signs it gives me which allows me to identify what foods are right for my body.

I've learnt to become the observer of my thoughts and emotions throughout the day which allows me to 'flow' with life rather than try to control it and force outcomes in a certain way.

This has allowed me to manage stress throughout my day.

I feel more energetic and have mental clarity with an appreciation and love for my life.

Friends and family were inspired by this and started to ask me what I was doing to turn things around.



This might shock you..... but the truth is the change was an INSIDE JOB not an external fix in the form of a pill or diet.

You and I are Similar

What's possible for you? Do you feel you are tapping into and living your true potential right now?

I shared my health journey, Roger Bannister's story, as well as the thousands of people who had spontaneous remissions that have been documented at the Institute of Noetic Science.

I've shared all of that with you as examples of human potential and what's possible.

The 3 steps I'm going to share with you now, have changed everything for me and I'm 100% certain they can do the same for you too, if you're willing to be open, committed and take a holistic approach to your healing journey.

The Real Problem

The OLD WAY of our 'health system' is archaic and unsustainable! It leaves you dependent on medications and suffering from their side effects.

If you feel like this. That's ok because I thought that was the only way for a while too before I discovered the 4 steps I needed to take to break free from dis-ease.

I believe you can break free as well from the disease, your symptoms, your pain, your low energy, and feeling like a victim of the disease.

What's wrong with the Old Way

The old way provides you with a diagnosis. It seems like 'Your Label For Life' that people state as their newfound identity. I AM or I HAVE (fill in the blanks).

People are being prescribed drugs that focus on the 'symptoms' instead of treating the 'root cause' of the disease. Then they have to deal with the side effects of these drugs.

The existing funding and research of 'medical and/or health advancements' is also intertwined with the pharmaceutical industry that provides the prescribed drugs.

This 'old way' is built around fear, false hope of a 'new drug test', the 'one strategy fits all approach', where you're constantly giving your power away to others. You could call this the 'White Coat' Syndrome.

The New Way

YOU have the innate intelligence to heal yourself

"The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease."

Thomas Edison (1647 - 1931)

I feel Edison was right on so many levels and believe that a holistic approach is needed for health care.

So let's look at the 3 steps.

Step 1 - HEAL Past Trauma

Heal your disease + Release your old self.

What I mean by healing your disease and past trauma is we need to 'release your old self'.

Put another way, **DIS-EASE** means that you're not in flow, you're out of ease, you're out of alignment and not your true self.

Life is never out to get us although during challenging times it might seem like that. Instead when we're out of balance life aims to get us back on track.

One of my great mentors Dr Joe Dispenza says, *"The same intelligence that made the body is the same intelligence that can heal the body"*

We're all capable of healing, and how that will look is different for each person.

I believe we are all healers if we create the right environment for our body.

Now I know this is going to sound cliché but we need to heal, **mentally, emotionally, physically and spiritually.**

When we align these 4 domains, which is exactly what I did, healing can take place.

So let's talk more about these 4 areas

The Iceberg Effect

Imagine an iceberg? As you know there's the small iceberg on the top of the water that we can see and then there's a massive iceberg that lurks beneath the surface.

From the perspective of health, what I realized is this.



The small iceberg above the water, that's where the doctors, the pharmaceutical companies and practitioners work They medicate, work on your diet, physical aids they all work on the symptoms of the physical body.

So what is lurking underneath the surface I hear you ask.

This is everything internally in our bodies that we can't see and touch with our senses our thoughts, emotions and energy. This is where I placed my attention in order to heal myself ... remembering that change is an internal job.

There are two parts to your mind - the conscious and unconscious. The unconscious mind is 95% of the mind. You think that your conscious mind is in control creating what you think, feel, believe and act on.

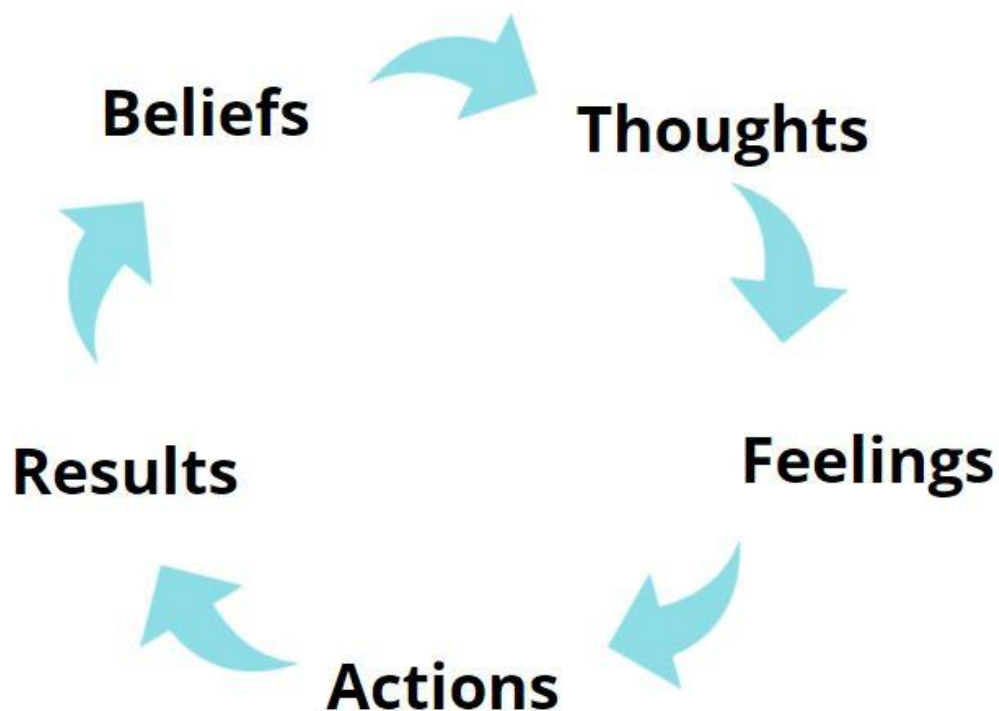
However your unconscious mind is actually in the driver's seat. Like a massive computer storing all of your thoughts, feelings and beliefs from past events.

As adults we're running a series of programs - how we think, feel, believe and act. We do it automatically without even being consciously aware of it. Some of these patterns and programs though might not be serving us.

When you encounter a similar event from your past, your unconscious mind wants to protect you and keep you safe. So your mind remembers this and reminds you how you thought, felt and what you believed in the past situation and instantly maps it over to the current situation.

So you end up thinking, feeling and acting in the same way as you did in the past.

So I ask you who's in the driving seat and driving your bus? Your unconscious mind or your conscious mind? Are you fully aware of what you are being and doing, or are you just running a past program?



This is our inner game, that's happening on an unconscious level every moment of the day.

As humans we are habitual beings and have stored past memories in our brains. Every single day, we think, feel and act a certain way to achieve the same results, which reinforce our beliefs and identity.

In fact studies have shown that we have 60,000 - 70,000 thoughts each day. Unless we're consciously creating a new life and/or learning new things, our thoughts will be the same ones we had yesterday. So we're caught up in a habitual loop.

These can be empowering or disempowering patterns.

To change a disempowering pattern we have to become aware of it first, get to the root cause of it, then release it to be able to incorporate a new empowering pattern.

The truth is, your current health challenge has nothing to do with the medication you need to take ...

Remember this mantra:

**There's no such things as health problems,
there's only personal problems that show up in your body.**

The reason so many people are struggling today is because they are in a continual loop of **repeating the same thoughts, feelings and actions**, which then produce the same outcomes and thoughts.

People then unconsciously continue this cycle as if they're on a hamster wheel.

Or put it another way on a self depreciating wheel of destruction.

They want to break free from the hamster wheel, for their life to change, but how can it if they're repeating the same patterns day in day out.

Now if this is you. I get it because I've been there too.

What I realised is that everything in life is energy. There is a positive and negative charge to everything.

So to get your body back in alignment, to provide it with the perfect environment to heal, you have to neutralise the positive and negative charge of the 'trigger' in your life.

Step 2 - CREATE Your Future

This is where you become your true potential. What's the vision you have for your future?

If you're not crystal clear on where you're heading, you will end up being at the whim of other people's visions, dreams and goals.

You will then start feeling frustrated, annoyed, resentful and more out of alignment with your own values and soul's calling.

However remember that you are the lead character of your own life, so it's time to take control back for you and start steering your own ship.

Using myself as an example, I felt I was in the same boat too.

However, to get past my current body symptoms when I was diagnosed with MS, I created a really strong vision of myself of being in vibrant health and crossing the finishing line of the Gold Coast Marathon in Australia.

You might be thinking that you don't have time to figure out your vision as you have too many commitments to family and work right now to even start.

However we all have 24 hours in the day, and imagine what your life would look like now, if you were living the life you truly loved and didn't have to do the things that drained your energy and resources. What would that feel like now?

What would you be doing spending more time with your family, kids, starting a business. Perhaps taking up a new sport, as you feel more energized and vibrant as you have full mobility in your body.

If you don't start looking after yourself now and creating the life you want, no one else will do it for you. And the time will just tick by.

The choice is yours. it's your life ... Remember YOU are the lead character in your movie of life.

What do you relate to more ... just surviving through life believing that you will have the disease for the rest of your life OR are you focusing on the life you want to live being in vibrant health and thriving.

Which side of the line are you on?

DISEASE
gives you a
reason to
SURVIVE

HEALING
gives you a
reason to
THRIVE

The Gift of Life

if it wasn't for my original diagnosis, being able to traverse through it to the other side by finding my own health blueprint and now feeling healthy and vibrant everyday ... Helping other people to heal their chronic lifestyle illnesses from the inside out wouldn't have been on my radar.

But NOW I see what I went through as an absolute gift. A second chance in life. A gift now to share with others so they too can find their own unique health blueprint and live in optimal health daily.

“A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit from his illnesses.” Hippocrates

So will you open up the gift that I'm now giving you?

What's your ultimate vision for your life now?

Step 3 - Integrate Into Your World

This is where you **EMBODY** your vision of your 'future self ' on a daily basis moment by moment.

This can be challenging at times and is where the rubber hits the road.

You certainly need a leap of faith, to break free of all of your past conditioning, and stay true to your vision moment by moment no matter what you encounter in your life..



After I received a diagnosis of MS, as I mentioned earlier, I had a vision of running a marathon and being in vibrant health.

However my current reality was that I couldn't feel my right foot when I put pressure on it, let alone run and I was completely exhausted all of the time.

On a daily basis I had to **'think and become'** like a marathon runner and in my mind I just played a game ... envisaging that I was an elite athlete and I just had an injury setback that I was recovering from.

I asked myself better questions like ...

- What would my training plan look like?
- What would I eat?
- How would I think?
- How would I act?

Moment by moment I learnt to embody this and moved closer to realizing my dream of completing a marathon. I learnt to get my behaviors to line up with my vision of my 'Future Self'.

I also visualized every morning during my meditations that I was in the neurologist's office looking at two of my MRI scans - one when I was diagnosed with MS and another one that was clear ... so before with 8 lesions and after with none.

Over and over again for 9 months I saw this scene and 9 months later THIS was my exact reality.

Through my research I came to realize that YOUR MIND doesn't know the difference between what you imagine and your actual reality, to your MIND it's the same.

So I suggest you start to CREATE what you want to appear in your life right now.

Understand your WHY and you will always figure out the HOW

You have to be REALLY clear on WHY you want your vision in the first place.

Events will always happen in our lives. However, to be able to stay on track we can pull on the energy of WHY we're striving for something rather than getting off track and discouraged by our lack of effort or motivation.

Imagine your vision coming to reality, and you've mastered your emotions as you no longer react to the events, people, and environment that once triggered you.

Stay conscious of your thoughts, feelings and behaviors throughout your day. Ensure that they are aligned to the vision you're creating for yourself.

Imagine continually living in a 'heart centred' space moment by moment. You start to feel happy, joyful and blessed to be alive in this moment now.

You feel empowered, self confident and have a high level of self belief and love for yourself. You become a role model for your children, your family, friends and the wider community. You walk

your talk daily and as a result you inspire others to be the best version of themselves daily too.

How would that feel?

Which would you rather have ?

Old System	New System
<ul style="list-style-type: none">• Disempowered• Accept the diagnosis• Dependant on medication• Stay within your current limitations	<ul style="list-style-type: none">• Empowered• Create your own reality• Unlock your body's natural abilities to heal• Break free of ALL past limitations

Time to think outside the box

You might be wondering how you're going to be able to do all of this yourself.

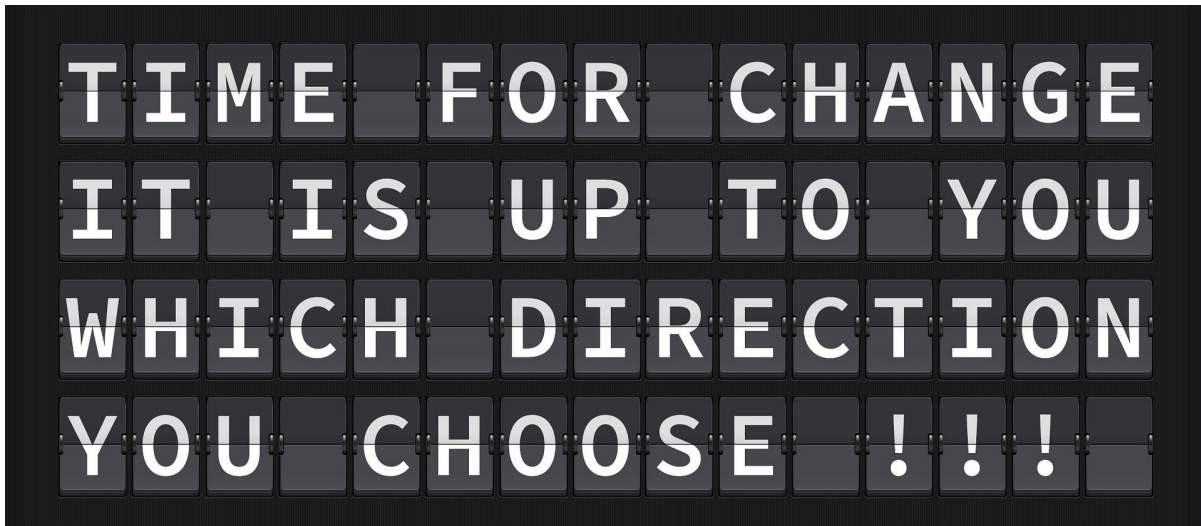
To stay on track during the day, stay committed to your vision, and NOT fall back into old habits by putting other people's demands before yourself. Wondering how to juggle everything in your life and STILL find time for yourself to focus on your health.

Now I believe that you're here because you want to improve your health, and I've just given you an overview of the 3-step blueprint to reclaim your health.

Just imagine how great it will feel when you are no longer in pain or have to rely on medication to get through the day.

Imagine how good it feels when you have boundless energy, and have a clear vision for your future.

So my only question is ...



You can take what you've learnt here and do it yourself OR you can reach out for help.

If you'd like me to help you do this, then I'd be happy to help you!

How I Can Help

I have set aside some time in my calendar to speak to you personally about your situation and how you can apply these 3 steps today.

Whatever your biggest challenges are, let's overcome it together in a [FREE "Get Your Health Back" Session - \\$250 value.](#)

On this call, I will work with you to craft a step-by-step game plan to create your unique health blueprint without sacrificing your relationships so you can finally live a vibrant life.

I will understand where you are with your health, what challenges you're currently facing, where you want to be and show you how I can help you get there so you no longer go it alone.

You might be wondering why I can offer a free call.

It's free because I'm currently looking to work with 10 people to help them reclaim their health.

And if that's something you'd like to do, this call could be for you.

Now remember overcoming a disease isn't a linear journey. So my question is, do you want to ride the ups and downs of life on your own or do you want support?

With my support, you will no longer be going it alone trying to figure it out. You will have support to help you get from where you are now to where you really want to be.

On the call we will get a feel if we're the right fit to work together.

But before we go any further, you need to know that I can't help everyone

Again let's be totally real, this call with me is not for everyone. Your time and my time is precious.

So it's not for you if you are someone who only believes that medicine can help you get better, you give your own health and power away to the opinions of doctors, family, friends and work colleagues AND you are unwilling to change and prefer to stay stuck in your current situation, then it's not for you.

However if you've read this far and what I've said resonates with you then let's talk.

You know you need to make a change now and are someone who is seeking out an alternative solution to your current situation, you are **READY** to be free of your disease, are open minded and committed to your health and wellbeing more than your past limitations...

Then you're in the right place, this is definitely for you and I know you're ready to take the next step!

Remember YOU are UNIQUE

This health blueprint will be unique to you because as you know we're all as unique as our own fingerprints.

You deserve the health solution that's right for you without sacrificing your relationships or anything else in your life to get it.

Imagine the life you are called to live now when you reclaim your health on your terms.

To have more energy for your life and to play with your kids. To be off medication and to finally pursue your dreams as you've got your time and life back again.

Click [HERE](#) to book your call

I promise it's going to be one of the best decisions you'll make this year. There is zero risk or cost involved ... and you have absolutely nothing to lose.

So book your spot [RIGHT NOW](#).

I look forward to chatting with you soon and working with you so you can regain your health and live a vibrant life.

I just wanted to mention some of the challenges people had before they worked with me :-

- I don't believe it will work for me
- I don't have enough energy to get through the day
- I'm in constant pain and it's difficult to think clearly
- I'm scared to change

So if you resonate with these then you're not alone and I hear it often. This is what I help them solve.

I know you feel like you're struggling and in a pit right now and there is no way out.

Trust me, as I've shown earlier, I've been there... so take this lifeline and let's get a plan happening to move you to where you want to be.



Nine months ago, I was diagnosed with MS. I was struggling to walk most days, and the outcome looked bleak from a traditional medical perspective.

Working with Sue, the results, shifts, awareness and growth in my life have been ground-breaking.

The number of lesions have reduced by 70%, and the symptoms and flare ups are becoming less and less. I am on my way to achieving my goal of fully healing my body!

Mel, Australia

"As a wife and mother of two children, plus struggling with my health, previously, I found it difficult to know who I was and what I wanted from my life.

Sue helped me to focus on my goals, empowering and helping me believe I can achieve what I put my mind to. I look forward to my coaching sessions with Sue and her advice stays with me."

Reena, England

if you know deep inside of you that it feels right and it's what you need to do, even if you don't know how quite yet. Then don't wait because you can only stay stuck for so long. I'm throwing you a lifeline right now. will you grab hold and take it!

"I have been on a 10-year journey of finding answers to heal my body. I was really struggling with seeing a future.

Through my work with Sue I created a future as someone who was completely healthy.

The work we did together allowed me to see my triggers and how I was previously behaving in unconscious ways and beliefs that were keeping me trapped in my "dis-eased" body. Every day I became more of my future self, it was an incredible process, peeling back the layers and creating my new future in real time!

One of the visions I had was to more than double my income in 2020. I had no attachment to how this would happen. I achieved this goal within 4-5 weeks. I have literally become the person I saw and felt in my meditations.

*My health keeps improving. I am forever indebted for the difference you have made to my life – my husband has his wife back after nearly 10 years. A dream come true." **Jo, Australia***

[Schedule your free call now](#)

How much is reclaiming your health worth to you? How much longer do you want to wait and stay stuck in your current situation?

Your time is now and you're ready for the next step.

You deserve the health solution that's right for you without sacrificing your relationships or anything else in your life to get it.

It's time to reclaim your health so you can be the happiest and healthiest version of yourself and to live the quality of life you've always dreamed of, so book your call now, it all starts with this first step.

I believe you picked up this book for a reason, and that there are no accidents in life. So my wish for you is that by sharing my journey with you, it inspires you to live your life fully.

No matter where you're starting from, whatever challenges you've faced or are facing, remember that you are bigger than your setbacks.

You can make your life count, follow your heart and make your dreams a reality.

I believe in you.

Sue xo