



Sol Health: Whole-Person Healing Rooted in Compassion

Integrative Nursing / Holistic Wellness / Personalized Care

Feeling Off? Let's Bring You Back Into Balance.
You don't have to push through discomfort alone.
Together, we'll uncover what's holding you back and
support your body's natural ability to heal.

I support concerns such as:

- 🌿 Pain (acute, chronic, arthritis)
- 😴 Sleep difficulties
- ⚡ Stress & tension
- 💛 Grief, anxiety, or depression
- 🌸 Hormonal imbalance & low libido
- 🌱 Allergies & inflammation

Choose Your Path to Healing

- 💡 Ear Seed Session (30 min) – Targeted therapy to balance the nervous system.
- 🌿 Integrative Session (60 min) – Personalized blend of holistic modalities.
- 💻 Virtual Nurse Coaching (60 min) – Partnering with you wherever you are to meet your goals.



Energy therapy for deep relaxation and emotional balance.



Gentle stimulation of ear points to ease stress, pain, and tension.



Targeted foot pressure for relaxation and energy flow.



Custom essential oil blends to calm, uplift, and restore.



"For over 15 years, I've walked the path of holistic nursing and clarified my purpose — to help others reconnect with their innate healing potential."

As a Board-Certified Advanced Holistic Nurse, Integrative Nurse Coach, and Certified Ear Seed Practitioner, I blend evidence-informed care with compassion and presence to support physical, emotional, and spiritual well-being.

🌟 Ready to feel better? Call to discuss how Sol Health can support your healing journey.

☎ 704-255-5228 🌐 SolHealthNC.com