



Your Regenesisc Newsletter—Change made easy.

Dec. 2020 Vol. 1

Endings and New Beginnings

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Season's Greetings! This year has been exceptional for ushering in change. My hope for you and your loved ones is that you are resilient in using the transformation from this year to create a healthier and vibrant life for 2021!

Romy Completes Business Rebrand!

For those of you who have been supporting my entrepreneurial evolution you will notice my rebrand is now complete! I completed my Nutrition and Healthy Living Certificate in February and then completed my Health and Life Coaching certification in October. The last couple of months I have focused on my niche market, licensing & registration, business concept and brand, niche programming, and have made some preliminary marketing materials and networks. I am on focusing Heart Health, Type 2

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Chickpea Scramble

- 2 cups canned chickpeas, drained
- ½ tsp. turmeric
- ½ tsp. paprika
- 2 tsp. Avocado oil
- 1 small onion, finely diced
- 2 cloves garlic, minced
- ½ tsp. paprika
- 8 cups spinach
- 1 avocado

Mash the chickpeas with a fork, leaving some whole. Mix in the turmeric and paprika, and season with salt and pepper.

Heat the oil in a pan over medium-high heat and sauté the onion and garlic for 2-3 minutes, until fragrant.

Next, add in the mashed chickpeas and cook for another 5 minutes, then transfer to a bowl, cover with tin foil and set aside. Using the same pan wilt the spinach, adding a tablespoon of water.

Once ready, divide the spinach between 2 bowls, top with the chickpeas and serve with 1/2 avocado.



"The stories you tell yourself about food and your body are the number one determiners of your health and your metabolism."

- Stacy Morgenstern

Register Now

Create Your Best Life Vision Board Workshop

A 2021 Vision Board Developed through Collaged Images.

The covid-19 and the year 2020 is about to be in the review mirror. We are at the entrance to a new normal. Start this beginning with intention to create your best life. Vision Boards solidify your desires, focus your intentions and work through directing your unconscious to focus on what you really want to be experiencing. We will use the Wheel of Life exercise to identify areas to develop. Participants will then use magazine images to create a collaged vision for their best life in 2021.

When: January 10, 2021 from 1 pm—4 pm (PT)

Platform: Zoom

Cost: \$60 (email transfer or PayPal)

Register: romypritchard@gmail.com

When you make one small step towards a better life, it ripples out and shifts your protectory of life experience.



Renewed
Health
Coaching

Change made easy.

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Romy Completes Business Rebrand! continued

Diabetes, and Cancer for health coaching programs. I also have a special Total Body, Mind & Spirit Transformation program for those wanting to focus on health, rejuvenation, and living powerfully. In the following months I will be expanding programming and branching out to include a physical location which will allow clients to utilize hands on technology including heart rhythm biofeedback and bioacoustics to enhance health and healing! To discover my new business and to receive a **special gift** head over to my new website at www.yourregenesi.com!

Incredible Healing Update

Close friends and family know that after a very difficult couple of years including a breast cancer diagnosis, in 2018 I aspirated after a suicide attempt. During the medical intubation I was infected with a hospital antibiotic resistant bacteria that quickly infected my lungs and then my blood.



Against all odds I woke up from a two week coma and have continued to heal remarkably. In 2019 doctors discovered a large mass in my right lung and for the most part assumed it was metastatic breast cancer. The mass was 11.5 cm and demonstrated high FDG uptake. After this I radically changed my diet to whole food plant based. I also began daily intermitted fasting (16 hrs.), monthly 36 hr. fasting, a meditation practice and other holistic changes. A December 2020 PET/CT scan reveals that the mass has shrunk, is only 1.5 cm, and is now demonstrating reduce FDG uptake! It's amazing how much healing our bodies can do naturally with holistic, supportive interventions! If we only believe that we are the diagnosis our doctors tell us—we limit ourselves to that experience. Knowing that our bodies are capable of incredible healing from seemingly insurmountable odds is powerful medicine. What limiting belief do you want to release about your body?

*Love yourself enough to
take the first step in
renewing your total health.*

Living Powerfully and Healthy Group Enrollment for January—April 2021 is now open.

Research shows that people who are a part of a community heal faster, have less diseases/chronic illness, live longer, have less stress, experience greater mental health and emotional wellbeing. Are you on an incredible healing journey and want to share and be inspired? The Living Powerfully and Healthy Group is a community of people dedicated to healing and the wellbeing of their total self. Join myself and others committed to their healing path as we delve deep into 5 areas of ourselves—physical health, emotional health, mental health, spiritual evolution, and personal resources (relationships and other resources). This is a 12 week group and each week we explore one of the 5 areas of ourselves through information, new techniques, new research, skill development, creativity and fun. We share insights and support each's development.

When: January 19—April 6th from 6—8 pm (PT)

Where: Zoom platform

Cost: \$240 (email transfer or PayPal)

Enroll: romypritchard@gmail.com

*"If you want to go quickly, go alone.
If you want to go far, go together."
African Proverb*