

**YOUR BODY IS  
CALLING...  
WILL YOU  
ANSWER?**

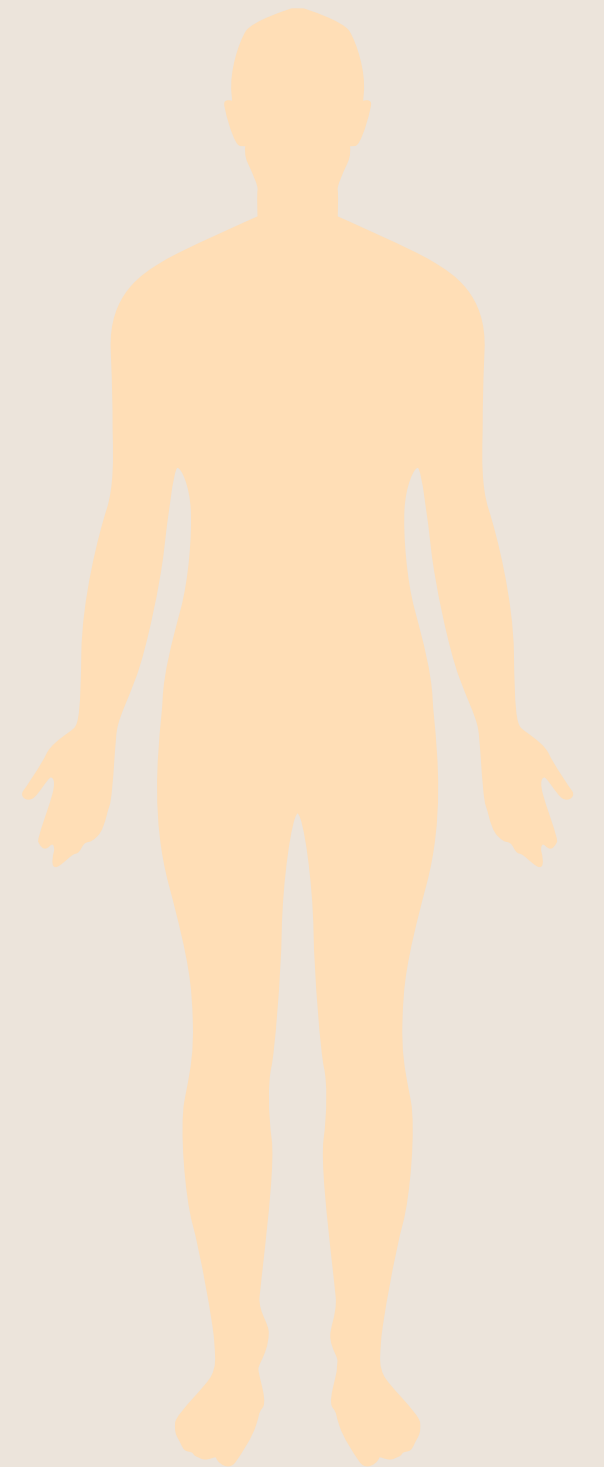
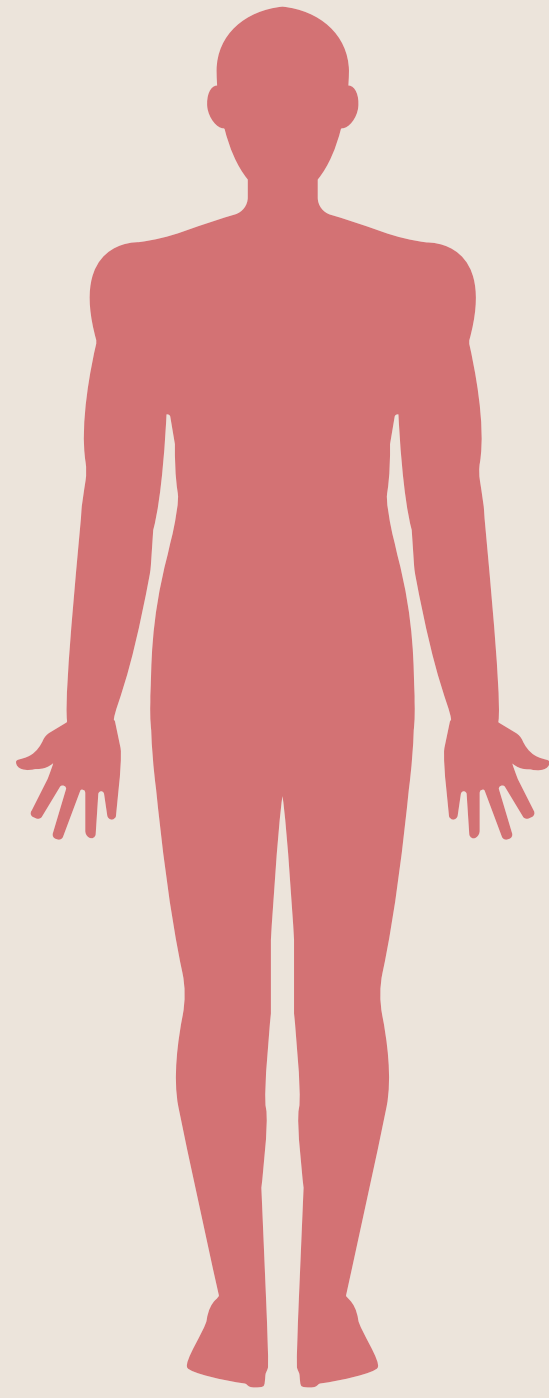
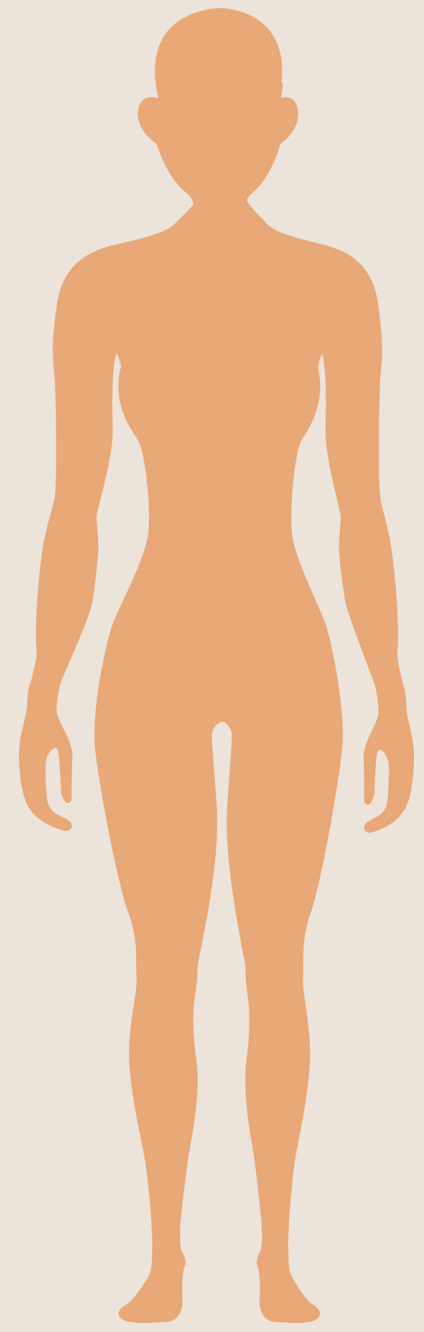
**IMPROVING YOUR  
MIND-BODY  
RELATIONSHIP**

**WHAT IS THE ONE POSSESSION YOU HAVE,  
AN EXCLUSIVE ENTITY THAT IS UNIQUELY  
YOURS**

**AND CANNOT BE REPLICATED BY ANYONE  
ELSE?**

**IT'S SOMETHING DEEPLY PERSONAL AND  
INTEGRAL TO YOUR EXISTENCE,  
OFTEN UNDERESTIMATED AND TAKEN FOR  
GRANTED.**

# YOUR BODY



# HEALTH IS WEALTH

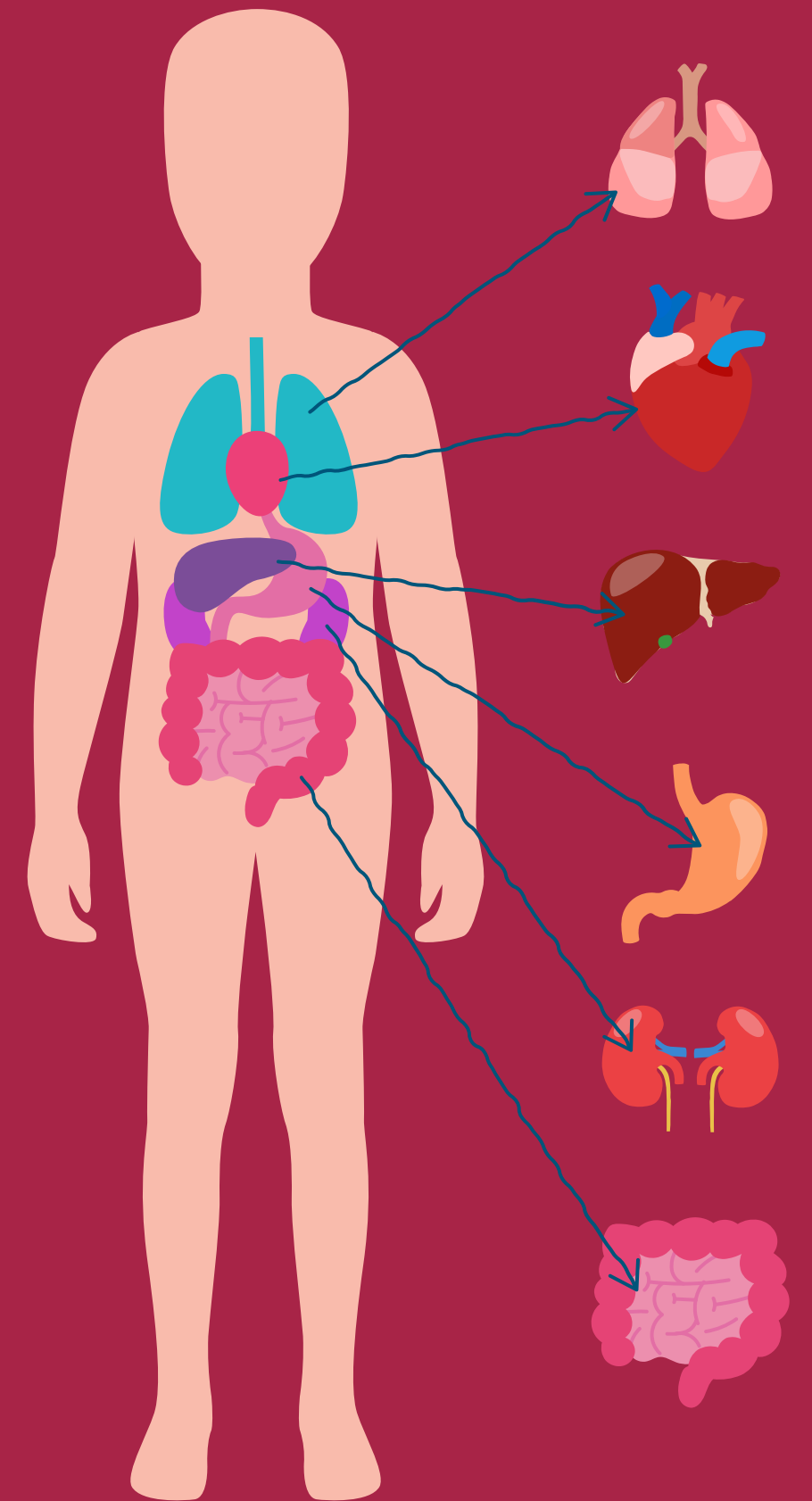
01

Empower you to take charge of your health

02


Build and constantly improve the relationship with your body

Health is wealth




**ARE YOU LISTENING?**

# ASHLEE BRAXTON



My life experiences have encouraged me to help others. I'm a coach helping creatives realize their dreams



Not a medical professional but....I made a podcast and dedicated 2-3 hours per week speaking with medical professionals



**THE HAPPY CHOICE**  
YOU'RE NOT CRAZY, YOU'RE  
JUST...HUMAN



WITH  
ASHLEE BRAXTON



# THE CENTRAL COMMAND CENTER

Neurotransmitters, which are chemical messengers in the brain, play a crucial role in transmitting signals between nerve cells, affecting mood, emotions, and physical responses.

# COMMUNICATION TOOLS

**PAIN AND SENSATION**

**SYMPTOMS**

**DIGESTIVE SYSTEM**

**SLEEP CYCLES**

**IMMUNE SYSTEM**

**STRESSSSSSSSSS**





# YOUR RESPONSE

Mindfulness Cognition	✓
Physical	✓
Meditation	✓
Healthy Lifestyle Choices	✓



**HERE'S SOME SCIENCE  
BASED RESULTS**

- Stress Hormones Regulation
- Immune System Boost
- Digestive Health
- Hormonal Balance
- Cardiovascular Health
- Improved Sleep Quality
- Pain Management
- Brain Health
- Weight Management
- Muscle Recovery
- Blood Sugar Regulation
- Cognitive Function
- Enhanced Mood
- Reduced Inflammation
- Joint Health
- Balanced Gut Microbiome
- Hydration Levels
- Adaptive Stress Response
- Improved Posture
- Prevention of Metabolic Syndrome
- Optimized Nutrient Absorption
- Enhanced Athletic Performance
- Improved Lung Function
- Reduced Risk of Chronic Diseases

- Balanced Blood Pressure
- Improved Metabolism
- Optimal Body Composition
- Reduced Anxiety Levels
- Enhanced Resilience
- Improved Fertility
- Enhanced Flexibility
- Better Sleep-Wake Cycles
- Reduction in Oxidative Stress
- Optimized Liver Function
- Improved Thermoregulation
- Balanced Electrolytes
- Enhanced Wound Healing
- Reduced Risk of Osteoporosis
- Optimal Vitamin D Levels
- Improved Emotional Regulation
- Balanced Cholesterol Levels
- Enhanced Detoxification Processes
- Lowered Risk of Allergies
- Regulated Appetite Hormones
- Improved Memory Recall
- Enhanced Coordination
- Optimized Kidney Function
- Reduced Risk of Autoimmune Disorders
- Balanced Blood Clotting
- Optimized Cellular Repair Processes



# YOU FEEL GOOD



**YOUR BODY IS  
CALLING...**



**I HOPE YOU ANSWER!**

Thank you!

Questions/Comments?

IG & LinkedIn:

**@ashleebraxton**