



**Carla Lewis, LMSW**

As a Licensed Clinical Therapist and Integrative Health Coach, I am dedicated to helping my clients find a place of inner peace and wholeness.

Wholeness is a concept for human

living as old as humanity, yet often times a fleeting state not easily obtained. Wholeness of mind, body and spirit is what I seek to provide to each of my clients. In a biblical context wholeness is a state where mind, body and spirit are perfectly well, nothing missing, nothing broken. It is a state where the creation operates in the original design of the creator. It is a state of each part, mind, body and spirit, functioning at optimum capacity.

My therapy sessions are designed to help you discover and operate where these three parts function as a whole system. I share concepts, strategies and innovative techniques that will show people the path to living life rather than simply existing.

My goal is to communicate God's, message of Love, provide insight, strengthening, encouragement and comfort to those in need regardless of gender, sexual orientation or religion.

My office is a calming and relaxing environment where you are embraced in an atmosphere of care and compassion. It is a safe place where you can share your wounds, broken expectations, inner conflicts and problems. It is a place of healing, restoration and strength.

If improving your health and working on your personal growth and development goals resonate with you, don't delay.

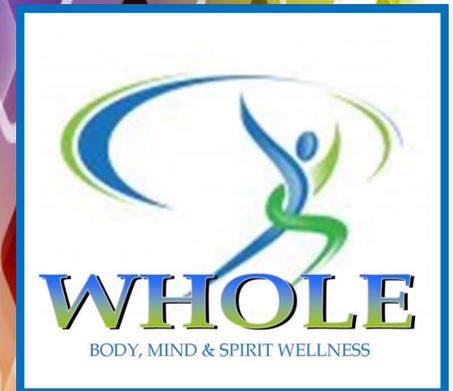
If you have recently had bariatric surgery and need continued support to help you make a complete lifestyle change in your relationship with food and exercise, don't delay.

**CALL TODAY TO  
SCHEDULE AN APPOINTMENT  
313-506-3322**

Special Limited Time Offer  
Community Service Promotion  
Free Health Assessments  
August 7 through October 31, 2017

Mondays  
11:00 a.m. to 7:00 p.m.  
By Appointment Only

**Carla Lewis, LMSW  
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# W.H.O.L.E. is a WHOLISTIC HEALTH OVERALL LIFE EXPERIENCE

When you have a history of yo-yo dieting resulting in patterns of weight loss and weight gain this puts stress on the body. Moreover, not maintaining a healthy weight automatically puts you more at risk of heart disease and diabetes, which are the twin epidemic currently plaguing our nation. The risk doesn't escape those that are not considered over weight. In either case, the unfortunate part is that in many cases both diseases can be prevented. If this is true, and these diseases are preventable. It worth asking the question; why are so many people dying from them, and/or why is there an epidemic?

It is my belief and experience that people often get discouraged because their efforts to lose weight and maintain a healthy diet, requires changing their relationship with food this can be very challenging in a world where

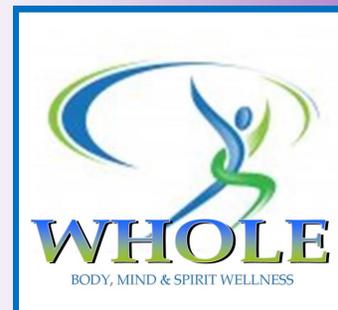
there are so many temptations but not impossible.

W.H.O.L.E is here to partner with you to address issues that lie underneath the weight, those harmful core beliefs and self-defeating behaviors. At the same time, W.H.O.L.E will teach you how to nourish your body based on your bio-individual needs and not a diet. We understand that one person's food can be another person's poison. Your life style plan will be created with you in mind based on your unique body composition.

## HEALTH ASSESSMENT

**Do you want to make changes in your health?** Well, in order to know what changes are necessary, we need to assess where you are now. This information will help us create a plan to help you reach your goals.

This health assessment is a set of questions, answered by clients, that asks about your nutritional intake, medical history, risk factors, health goals, motivation and wellness priorities.



**Wholistic** is a state of overall wellness: physical, emotional and mental well being.

**Health** is recognizing that your body has needs and taking the necessary steps to meet those needs.

**Overall** is about the willingness to invest the time, money and energy to the process.

**Life** demands your attention to self-love, which effects every area of your life.

**Experience** requires making a conscious choice to take consistent actions, follow through and commitment.

