

Your Body Your Breasts

Episode 6: The Breath Of Life

JOURNAL YOUR JOURNEY

When can you fit in 5 minutes of deep breathing each day? Make a commitment to yourself by putting it in your calendar, on your phone as a reminder, a note on your bedside table, etc.

Notice if your chest or belly moves up and down when you breathe. If your belly doesn't move, you are taking shallow breaths. Practice – right now – breathing from your belly.

What is your favorite Rhythm for the morning? Are you a “get up and go get the ‘em” person or a still, silent thinker?

Consider the various Rhythms you go through in a day or week, what is your favorite? Which rhythm(s) would you like to change? Which can you tune into more deeply and appreciate?

When are you feeling the most harmony – Spring, Summer, Fall or Winter? Each season has its own special Rhythm. Which seasonal Rhythm you feel most in harmony with?

Notes from The 3 Fphs

Notes from Mind Food

Notes from Your Emotional Brew

After watching this episode, how does your mindset about your breath need to shift? And how will this shift improve your health?

Meet Tammy

Tammy Kohlschmidt, RDH, CCT, CBP

Tammy Kohlschmidt is a well-rounded practitioner in multiple healing disciplines – Certified Clinical Thermographer, Licensed Dental Hygienist, Certified Body Talk Practitioner, Tibetan Tones Sound Healing and Nutritional Evaluations using the Zyto technology.



She has integrated Thermal Imaging, Periodontal Therapy, Energetic and Spiritual Healing with Nutritional Evaluations, as a better way for sustaining health and well-being.

Tammy believes that health and well-being are a reflection of spirit, belief systems, energetic fields, body structure and body chemistry.

Tammy has a special interest in the Oral Systemic Link. She believes the mouth and body share an ecosystem that must be treated as a whole to obtain sustainable health.

She has intertwined her intuitive healing abilities and her love for energetic medicine as a Certified Body Talk Practitioner. She has created Empowerment Weekends for Women as well as online classes.

Tammy's mission is to bring women together to support, enhance and encourage the healing of the feminine. Her work creates a ripple effect of empowerment as women share new knowledge with their mothers, daughters, sisters, friends—helping all women RISE.

She has attended courses and workshops from The Holistic Dental Association, The International Academy of Oral Medicine and Toxicology, Zyto, Premier Research Labs, Energetix College, doTERRA, The Integrative Health Symposium, Chirododontics, IntegraMed Academy, Body Talk Modules, Carolyn Myss, The 5 Rhythms, Sharon Salzberg, Eckhart Tolle, Debra Ford and Krishna Das. She has also completed the Mastery and Creation courses from The School of Womanly Arts.

Tammy's free time is spent as a dancer, choreographer/teacher and of course riding her Harley Davidson motorcycle.

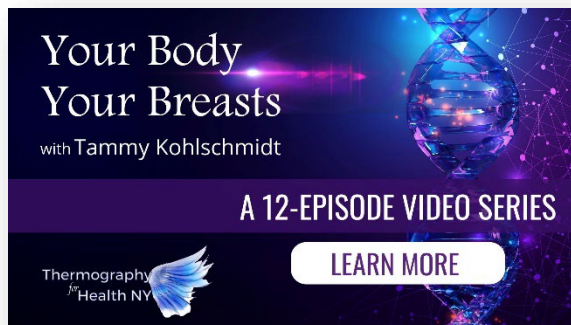


Your Body Your Breasts

DISCOVER . EXPLORE . ACTIVATE . HEAL

Your Body Your Breasts is a deep exploration of whole-body healing with an emphasis on breast health integration.

You are invited to learn more and purchase additional episodes [HERE](#).



The 8 Secrets to Optimal Breast Health

THERE IS SO MUCH MORE TO BREAST HEALTH THAN YOUR ANNUAL MAMMOGRAM!

Learning [The 8 Secrets to Optimal Breast Health](#) will change your life for the better.

There are many simple-to-do lifestyle changes you can make that have a positive impact on your breast health. And all of this can be done by you very easily on a daily basis.

You are in control of your breast health!



LEARN MORE

*The course is about breast health and much, much more!
Because all of our systems are so interconnected the course is a holistic
how-to on optimizing one's mental, emotional and physical self.*

Tammy is one of a kind!

*She delivers the content from her very core and her desire to parlay and
empower women is really palatable during each minute of each lesson.*

*She's in it 100%, speaking from personal experiences and commitment to
her pursuit of better of health.*

Her energy is raw and infectious – talk about raising one's vibrations!

Natasha

