










THE **WOMEN'S GIFT GUIDE**

◆ *Give Her/You the Gift of Wellness* ◆





» Table of Contents

1	Important Notes BEFORE YOU SHOP STEPS	
4	Meet Your Guide Dr. Alesha Maury, ND	
5	Wellness Investments BEVERAGES, SLEEP, & BEAUTY	
6	Wellness Kits: MIND, BODY, & SPIRIT	
7	Wellness Kits: HEART, JOINTS, & BEAUTY	
8	Wellness Kits: SLEEP, GUT, & CHOCOLATE	
9	Wellness Kits: IMMUNE, CRAVINGS, & DENTAL	



» Table of Contents

10

Wellness Kits:

Travel , Stocking Stuffers, Eyes



11

Dr. Blake

Her Faves



12

EDUCATIONAL WELLNESS GIFT

Level Up Your Healthy Kitchen Game Mini-Course



13

NEXT LEVEL Wellness Gifts

Right Track Session, 3 Month Reset



14

FINAL WORDS

Encouragement



Important Notes Before You Buy



1. This guide is meant to provide educational information only. The information in this guide does not establish a patient-doctor relationship. It is **not meant to replace the care, treatment or diagnosis of a personal physician** or other health care professional. The reader of this guide is free to review any information provided and to exercise their own personal and/or medical judgment. If you would like to start any new lifestyle changes like supplements, dietary, medication changes, or exercise, you should consult with your healthcare provider.



2. The **FIRST STEP** to access the wellness kits is to create a free Fullscript account in order to access my **Equipped for Wellness Store [HERE](#)**. In this online store you receive **20% off** retail price on the suggested kit items. Once you sign up, you will be able to access the specific lists for each Wellness Kit by clicking on the links located in each description. Simply add the items to your cart, and checkout. Look for your discounted total on the checkout page.



3. We are an affiliate for some of the companies suggested, but this does not add any additional cost to you.



4. We only suggest the **highest quality, physician grade** supplements, and the top wellness products that we find, to ensure purity and effectiveness. The supplement industry is not regulated like the drug industry, so it's wise to avoid just grabbing any supplement you find that looks and sounds the part. We stick to trusted, respected products for ourselves, our families, our clients, and our customers.

Easy Steps To Get Your Free Fullscript Account

1. Either click on a particular kit, which will bring you to a sign-up/login page, or sign-up [HERE](#).
2. Once you are at the Equipped for Health Login Screen, enter your email and click “Continue with email”
3. You will be brought to a screen to enter your name and password (if you already have an account, you will add your password to login)
4. You can view the wellness kits either through directly clicking on the link in the pages that follow in this guide, or by searching the Ready-Made Community Plans that I have created (you will see this one you create your account and log in)
5. Once you are in a plan/kit, you can review the purpose of the kit, the uses and benefits of the suggested products, and then you can add the ones (or the entire kit) to your cart for purchase. Check whichever kits are of interest to you, and checkout once your choices are complete. The Shipping Policy is [HERE](#).

Free Gift Offers!

1. Each Kit will include a unique offer for free gifts, relevant to that kit. Enjoy!
2. Click into the kit/plan in Fullscript, and you will see the details on how to access these free gifts.



Meet Your Guide



Alesha Maury, ND

Naturopathic Doctor and Creator of the [Equipped for Energy Wellness Reset](#)

I help busy women struggling with fatigue, stubborn weight, brain fog, sleep problems, and hormone issues to recover, so they can enjoy their relationships, succeed in work, and pursue their passions. I love to help women get unstuck in their recovery, after years of trying, and finally reach their wellness goals. My approach includes mentoring clients through implementing the foundational pillars of health, such as nutrition, detoxification, lifestyle shifts, balancing hormones, and joyful movement. Uncovering and addressing the root causes of illness, and non-judgmental support, guidance, and accountability are a core part of my approach to client care.

Read more about my story here:

<https://www.equippedforhealth.com/meet-alesha-maury-nd>

Strength and dignity are her clothing, and she laughs at the time to come.

- Proverbs 31:25



WELLNESS INVESTMENTS



HEALING COFFEE & TEA

The organic King Coffee, Red Tea, & Green Tea contain the most potent part of the medicinal reishi mushroom - the spores. The spores inside of a tasty beverage is a rare find; and the spores help us the most with inflammation, immune health, stress response, & metabolism. Purchase [HERE](#)

SLEEP TOOLS

Level up your sleep hygiene at night with blue free light bulbs, blue light glasses, and a top grade sleep mask, Purchase [HERE](#)



NON-TOXIC SKINCARE

It's time to purge our cabinets of toxic, hormone disrupting, cancer promoting personal care products! I have not found a more pure and effective line as this one. Consider the RESTORE TRIAL KIT. [HERE](#)



WELLNESS KITS

GRANNY'S GROOVE BACK KIT

Helps to relieve post-menopausal discomforts, boost resilience to stress and stamina during the day, and recharge your energy and immune defenses.

[BUY HERE](#)



BRAIN BOOST KIT

Support the following 4 critical areas that contribute to your ability to think clearly, remember/recall, and regulate your mood: Brain inflammation, Brain circulation, Brain chemistry, Brainstress

[BUY HERE](#)



REST YOUR NERVES KIT

Support the following critical areas that contribute to your ability to feel calm and relaxed instead of anxious: Nervous system stress response, Gut-brain-mood connections, Nutrient needs, Brain cell health, Brain chemistry

[BUY HERE](#)



WELLNESS KITS

HAPPY HEART KIT

Support the following critical areas that contribute to our heart's ability to pump in a healthy happy rhythm & rate, and to our blood's ability to flow through our vessels with ease: Inflammation, Circulation, Oxidation, Nutrient Needs, Stress Response

[BUY HERE](#)



JOYFUL JOINTS KIT

Nutrient support to support your joints in the following areas: mobility, inflammation, and tissue repair

[BUY HERE](#)



INSIDE OUT BEAUTY BOOST KIT

Nutrients to feed your body what it needs to exude a radiant youthful glow, and your best external self in areas including skin, nails, and hair

[BUY HERE](#)



WELLNESS KITS

SWEET DREAMS KIT

Support the following critical areas that contribute to your ability to fall and stay asleep: Daytime stress, Gut-brain-mood connections, Nighttime stress, Mental chatter, Possible mineral inadequacies (in the case of Restless Leg)

[BUY HERE](#)



THE GLAD GUT KIT

Support 4 critical areas: Digestive enzyme support, Intestinal wall integrity and repair, Digestive tract inflammation. Reestablish healthy balance of good/friendly bacteria in the intestinal tract, and Bowel regularity

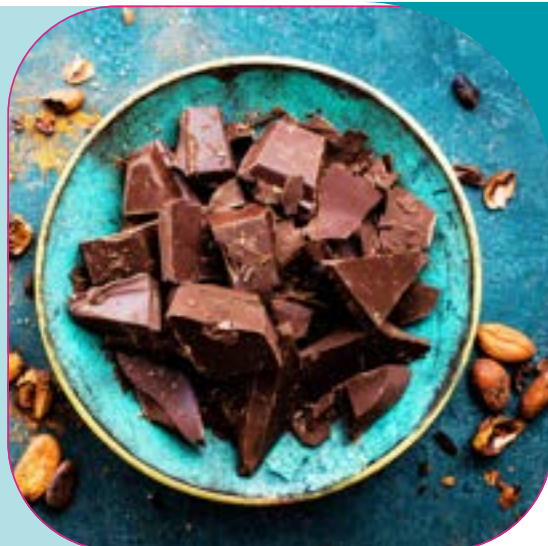
[BUY HERE](#)



HEALING CHOCOLATE KIT

Have your chocolate (for health purposes) and enjoy it too! A variety of great sugar-free options and uses.

[BUY HERE](#)



WELLNESS KITS

SNIFFLES SUPPORT KIT

Natural medicine support to help you alleviate acute symptoms and accelerate recovery

[BUY HERE](#)



CRAVINGS RELIEF KIT

Support to overcome food cravings and address another area of self-sabotage in the process

[BUY HERE](#)



HEALTHY MOUTH KIT

Non-toxic mouth care to address cleansing, refreshing, healing, and gum protection

[BUY HERE](#)



WELLNESS KITS

TRAVEL READINESS KIT

Check out the top suggestions to help you navigate your next trips with confidence and natural wellness support

[BUY HERE](#)



WELLNESS STOCKING STUFFERS

Stuff your stockings or gift baskets with useful, effective goodies that non-toxic and build health

[BUY HERE](#)



ENERGETIC EYES KIT

Support day and night vision, alleviate tired eyes and screen fatigue, and protect the eyes as they age.

[BUY HERE](#)



DR. BLAKE'S FAVES

EAR SEEDS

Earseeds address all types of health concerns in an easy, non-invasive way!

[BUY HERE](#)



FASCIA BLASTER

Fascia blasters address cellulite by dealing with the tissue (fascia) that lies underneath the cellulite.

[BUY HERE](#)



TOMA SKIN THERAPIES

Natural beauty enhancements from skincare to gua sha

[BUY HERE](#)



EDUCATIONAL WELLNESS GIFT

4-WEEK MINI COURSE

- You will learn the foundations of how to eat healthy (even as a foodie) so that you can get on the path to upgrade your health (head to toe, inside out)
- You will have online access to this course that shouldn't take more of an hour of your time each week
- Even though it's designed as a 4-week course, you can go at your own pace (you will have access to it for at least 6 months)

LEVEL UP 
Your Healthy Kitchen Game

[READ MORE](#)

NEXT LEVEL WELLNESS GIFTS

RIGHT TRACK SESSION

90-minute session to map out a plan to set you on the right track for a singular-focus wellness struggle

[READ MORE](#)



12-WEEK WELLNESS RESET

Accelerated healing and recovery wellness program!

[READ MORE](#)



WELLNESS IS THE BEST GIFT FOR YOU & OTHERS

**WHEN HEALTH IS ABSENT, WISDOM CANNOT REVEAL
ITSELF, ART CANNOT BECOME MANIFEST, STRENGTH
CANNOT BE EXERTED, WEALTH IS USELESS, AND THE
REASON IS POWERLESS. — HEROPHILOS**

**“GOOD HEALTH IS A CROWN ON THE HEAD OF A WELL
PERSON THAT ONLY A SICK PERSON CAN SEE.”
— ROHIT SHARMA**

**“HEALTH IS THE SOUL THAT ANIMATES ALL THE
ENJOYMENTS OF LIFE, WHICH FADE AND ARE
TASTELESS WITHOUT IT..”
— LUCIUS ANNAEUS SENECA**

**“SO MANY SPEND THEIR HEALTH GAINING WEALTH,
AND THEN HAVE TO SPEND THEIR WEALTH TO REGAIN
THEIR HEALTH.” – A.J. MATERI**

**HEALTH IS AN INVESTMENT,
NOT AN EXPENSE**