

THE OFFERING



Blending health consultation, guided meditation and energy healing, Alexandra offers a unique healing experience that will give you tools and support to navigate your healing journey. You can expect to feel grounded, empowered and uplifted after your session.

Our belief is that health is a state of wholeness and homeostasis. Alexandra helps identify places that are ready to be put in more balance whether in your life, body, or energetic system. Blending 15+ years of Western Medicine education and experience, advanced training in Integrative and Functional Medicine, and experience with traditional healers, teachers of earth based wisdom and spirituality, and her keen intuitive sense, Alexandra will guide you in finding your optimal healing path. In the session you will bring intentions and questions to discuss with Alexandra who will then unite health consultation with guidance and a transformational healing experience. At the end of your session you will leave with recommendations and 'homework' to help support your system and expand your life.

Alexandra was born with a unique capacity to link big and disparate concepts, synthesize information and make it accessible to others. Alexandra demystifies the mystical and helps people understand themselves more wholly: as a fully alive physical being in need of grounded, healthful approaches to life, and as a sacred spirit in need of metaphysical nourishment and connection. She is a doctor, mother, sister, lover, daughter and friend. A priestess, a mystic and a medicine woman who lives out her passion guiding people on their healing journey.



YOU ARE YOUR OWN BEST HEALER

What is the format of the session?

The experience with Alexandra is relaxed and casual. Expect to come in and share your intention or question. A conversation will ensue; Alexandra may ask clarifying questions or share her thoughts and intuitive channeling. Near the end, Alexandra will have you relax, and will guide you in breathing or meditative experience and will offer an energy clearing and healing. The energy healing is done in order to seal in the work you have done together and prepare you for the next stage of your journey, and it is optional but recommended. Before you leave she will give you a written list of guidance and recommendations to explore.

What can I expect from the recommendations?

Alexandra draws from her vast experience to curate bespoke recommendations for you. These could include, but are not limited to:

- > Suggestions to bring to your medical provider around further investigations, treatments, referrals etc.
- > Recommendations of alternative health practitioners to explore.
- > Recommendations on reading around different health topics and/or supplements or natural remedies that have been known to be helpful for your specific need.
- > Self work practices.
- > Guided meditations or breath practices to explore at home.
- > Journaling prompts or daily mantras to explore.

*Please note that all recommendations are NOT medical advice. No investigation, diagnosis or treatment in a doctor-patient relationship capacity is done during this offering. All recommendations are for educational purposes only and you will be expected to sign a disclaimer of acknowledgment of this prior to your session.



**YOUR BODY IS
INNATELY WISE AND
WILL MOVE INTO
BALANCE WHEN
OBSTACLES ARE
REMOVED**



How can I prepare for the session?

Please prepare your intention or question in advance. As with any energy healing modality, once you book the session you may notice themes or synchronicities occurring. Take note of what is happening for you and develop your question or intention for the session.

In an ideal world you would come relaxed. You may wish to bring water or tea, and something to write on for after the experience

If connecting virtually, please have a quiet, private space, and come to the session as relaxed as possible for you. You may want to have a beverage and something to write on if you wish to take notes.

It would be ideal and really special to have some time to process your experience in a quiet and calm environment after the session before you fully re-enter your life.

What if I have special needs or concerns?

Please inquire directly at
connect@themysticmedicine.com

How often should a client come see you?

We recommend a maximum of monthly but suggest at least 6 weeks between sessions as you want to leave room to process, integrate the experience and put the recommendations into action.

Why is there a disclaimer?

In her other work, Alexandra works as a medical doctor. As this is not a medical offering. It is important to understand that no doctor-patient relationship is made. Alexandra will not be diagnosing, investigating or treating any conditions, any acute or urgent health concerns should be directed towards a appropriate licensed health professional.

Why is this not medical if you are a doctor?

No diagnosis, investigation or therapy of medical concerns are done. While Alexandra is a medical doctor, she is not working as a medical doctor with The Mystic Medicine.





What kind of concerns should one bring?

Alexandra loves helping people navigate their healing journey. Whether the journey is health related, based in a life decision or related to connecting more deeply on a spiritual level, Alexandra is excited to support you.

It's important that you are open-minded and resonate with Alexandra's perspective of body-mind-spirit inter-connectedness.

If you are interested in getting more of a sense of Alexandra, check out her instagram at **@themysticmedicine** or join her newsletter.

Click here to Join her Newsletter

Common reasons people seek Alexandra's support:

- > Mystery ailments and health concerns.
- > Navigating the medical or complementary health systems.
- > Developing intuition or spiritual life.
- > Feeling stuck or at a crossroads in life.
- > Thriving as an empath.
- > Navigating the journey and cycle of life/health/challenges.
- > Optimizing lifestyle in balance with nature and universal energetics.
- > Connecting more deeply with nature, nature based spirituality.

Is this covered by extended insurance or other coverage?

Unfortunately, this offering is not covered by extended health insurance and is entirely private pay. Some health spending accounts will cover this offering under 'health coaching' or 'health education' but you will have to inquire with your personal insurance provider.

