

Frequently Asked Questions

FAQ's

How Will I Work with You Towards Your Health Goals?

-I like to take the whole picture and break up the monumental task of “getting better” by creating simple bite size changes that the client can implement into their daily lives. I’m consistently looking for the root cause and highlighting that, so that long lasting changes, sustainability and higher consciousness can occur.

I like to use my extensive knowledge and experience base to hand tailor sessions for each person I co create health sustainability and consciousness with.

I like to give a ton of information so that the client becomes heavily educated in their primary and secondary complaints. Everyone benefits from an informed client or patient. I feel it is my duty to help patients communicate with their doctors more easily with simple paper procedures that get things done quick. I want everyone to be on the same page as far as HIPPA will allow us to collaborate for the benefit of the client. An informed health team is a successful health team!

Roadblocks, resistance & fear are all terms that let us know we are listening and attuned the body. When we support the resistance we can create such a deep therapeutic net that transformation occurs so easily that the client metamorphosed from their cocoon to reveal their inner butterfly for all the world to see and follow..... as it ascends with ease and grace. We work together to find the next step toward a more vital health potential.

My gift is to see the potential that you hold within you and encourage you to use your creativity, passion and courage to find your destiny’s calling and connect with your heart.

By connecting in the heart you become a truth detector and magnet for change in the world. You literally help others to reach their true potential. This is an amazing gift and every single person can do this with the support, resources and tools for their particular situation to transform.

By looking into the parts of ourselves that we dislike, hate or just plain do not want to see we help others to embrace the shadow side of ourselves so, that we can become whole and help the world become whole as well. For when you work with your shadow side you transform that which no longer serves you into the sweetest compost for the earth and your heart that you literally start to ascend planes of consciousness and planes of being in the PEMS. I wholeheartedly believe that healing can occur by deeply connecting to our PEMS and helping others connect to their PEMS we can rise up and be the human community we were destined to be. Joyful, Loving, Peaceful & Nourishing all things in harmony. Balance. A happy Earth ensues when we embrace transformation and growth.

As your system raises to a higher place of being your life will open up and your truth will express itself.

What Type of Client Works Well With the Health Programs?

The client who is motivated to change their health and are willing to make the changes needed to transform their life. -Do you like knowing that your practitioner is well educated, experienced, and friendly & takes you where you are in full equanimity?

-Do you need things tailored specifically to you because you are always that 1% who reacts funny?

-Are you extremely sensitive and find that your body is too?

-Are you experiencing weird complex pictures that there is no known cause?

-Are you being told your symptoms are idiosyncratic?

-Have you been told it's all in your head this illness or feeling you sense?

-Have you "lost your mind," dealing with others who do not listen to your personal needs?

-Do you want someone to go to bat for you?

-Do you need to have a supportive health team?

-Are you aware of what is happening in your body or want to be?

-Are you motivated to helping yourself get better?

-Are you motivated by helping others?

-Do you baffle those around with your keen perception and empathic abilities?

-Are you aware of the new awakening human consciousness?

-Are you sensing big things happening and the urge to go inward to find enlightenment & ascension?

-Are you a skeptic of the new age terms but know something is changing and you want to change with it?

-Do you experience pain in your body? The pain is worse when you experience strong emotions i.e. anger, sadness, or over concern for others can worsen your pain?

-Do you like to know you're getting the best service possible?

If you resonate with the above; then you and I will be a great Co-creative match for your vital goals 😊 Jamie Lynn

What Type of Person are Your Services Not Going to Work Well for?

The person who wants a quick fix to the problem, imbalance or dis-ease will not work well in this type of program. There is no quick 1 herb that fixes all your problems. An herb will not correct the root issue if you are allergic or intolerant or sensitive to the foods, environments or products. You will have to be willing to modify lifestyle, nutrition and other things that do not serve you.

A complicated case does not happen overnight and it certainly does not clear up over night. I frequently used the TCM view that for every 1 month that it took you to get to where you are in your health picture it will take 1- 3 months of vital health to bring you back to a zero point. Then the ascension starts to occur and the onion starts to peel.

I frequently have clients do the total health revival package 2-3x over the course of 2-3 years because it supports their growth and as the layers arise and come out. Resource is needed to rise up and live wholeheartedly in their bodies.

If you are lazy with your health and are not willing to do any type of “work” towards a more vital you, then there is no motivation that I can give you until you are ready to do the work and co create health with yourself.

During the 15 minute consultation to see if we will be a good fit. I ask this question,

“How hard are you willing to work towards your health goals over x amount of time?”

How would you answer this?

Will I Have to Take Herbs or Supplements?

Herbal & Nutritional Supplementation- I may be recommending these during our time together to shift your health status and I ask that you be open to using herbs in one form or another as well as supplement or nutritional plans.

I never suggest something unless I feel it will help your health status. I always negotiate with you to see what you feel is serving for you. This would include working within a budget, working with drug-herb contraindications, nutrients/drug contraindications, your approval or disapproval of the recommendation etc

Why Are Flower Essences Part of My Health Plan?

Vibrational & Energetic Plans/formulas- These are excellent tools and resources for Jamie’s clients. *“Every client who uses the personalized essence formulas makes huge leaps in their health journey. People just feel better when using the essences.”* Jamie Lynn Thomas

“Energy medicine is the future of medicine” Dr Oz on the Oprah Show

Essences were a large resource in Jamie’s Health Journey and see sees them work quicker and last longer in clinical practice then some other health programs. You will always give conscious consent for any essence that is being suggested for the health picture Jamie is seeing. Jamie encourages you to speak up when resistance comes in. We will embrace the resistance and work with the areas that want support now and work towards those deeper issues at your own pace.

What Type of Commitment Should I Plan On?

I ask that you put in work to shift your health status. You only will get out the health program what you are willing to put in. This may sound daunting now, but if you are committed to a healthier, more sustainable and conscious you then you will ascend to recovery.

All Jamie's clients who put the work in get out the goodness of life and vitality. This is so very true when you are shifting your health status.

This type of self "work" can look different for each person.

Will I Be Able to Book Appointments Outside of My Health Program?

Clients in Colorado may book with any of The Vital Potential Wellness Practitioners. In fact, you may be suggested focused bodywork, craniosacral therapy or other modalities to support your health journey. You will always receive 25% discount on any sessions with any of TVP practitioners during your Health Programs timeframe.

Which Clients Will Benefit From Extra Sessions?

My clients do not need to be repeat business as they learn to work with their own bodies and eventually help others help themselves. Who eventually become teachers practicing what they preach by really helping themselves, friends & family towards higher levels of health & vitality.

By Helping yourself heal you help others shine brighter too.

Where Will I Obtain My Herbs? How Much Can I Expect to Spend Per Month?

You can order your herbs through a list of herbal providers in bulk or the TVP Clinic will fill a formula created especially for you by Jamie lynn. You will be provided a list of herbal suppliers in your support resources. Most herbs being recommended will range from \$40-150 per month.

What Can I Expect From My Sessions?

You can expect to have your primary and secondary complaints focused on. Each session is individualized and frequently no two sessions are alike.

Much information exchange occurs in a follow up sessions, please come prepared to take notes and ask questions. Plus, do not forget that you can always email with any further questions, information, results etc during your health program timeframe. Jamie is also pleased to hear about your health journey well after the program has lasted. However, if your program is well over you may be asked to reenroll in a program suited to your newest needs.

Will I Receive Focused Bodywork in the Jamie's Health Programs?

You may receive area focused bodywork as part of your 30 minute session; however Jamie most often refers you to her health team to give you the specialized work you need. She may suggest that you enroll in the *Integrated Bodywork Program* if you would like to continue your work with Jamie.

You may also enroll in *Jamie's Energy Makeover Program* while enrolled in the *Health Programs* or *Integrated Bodywork Program*.

What Results Can I Expect?

I cannot give any guarantees about how your health will change. I will give you as much knowledge and information that will help you make more informed health choices. It is up to you to do the hard work of implementing this into your daily life with integration and sustainability.

Which Health Program Should I Sign Up for?

During your 15 minute consultation you will be given the suggested health program that would best suit your health goals. I only take on clients that I feel confident that I can support their health goals.

What Will the Initial & Follow Up Consultation Encompass?

We will schedule a 15 minute phone consultation. This will allow us time to discuss your health goals and see if we will be a good team co creating towards your health. We will determine which health program best fits your personal needs.

Once we have determined which health program is a good match for you; you will be sent a comprehensive intake form to complete. Once this form is complete you will schedule a 1 hour to 90 minute consultation with Jamie. During this intake she will ask you clarifying questions give you suggestions and clarify your health goals. She will also get your conscious consent for your personal essence formula created for you.

Within 24-72 hours after our phone consultation you will receive a complete list of my recommendations. This will include detailed information for each of my suggestions. Directions and recipes may also be included.