

Dr. Kimberly Spair's Course Aims to Empower Women To Take Their Power Back

UNITED STATES, January 24, 2023 /EINPresswire.com/ -- The holistic health and healing expert has created a course to empower women, assisting them in surviving the challenges of the modern world.

The modern world is full of challenges. Life is particularly challenging for women as they try to juggle their health, careers, physical and mental well-being, and family life without compromise. Managing to balance all of these life areas is easier said than done, especially when navigating the challenges of chronic health struggles.



Dr. Kimberly Spair

That's where Kimberly Spair, PhD. shares her wisdom. She has utilized her experience and knowledge to help women, including mothers and mothers-to-be, navigate the challenges of the modern world. Dr. Kimberly has an impressive resume. She graduated from the University of South Carolina's School of Public Health in 2009 with a Master's degree in Communication Sciences and Disorders. However, life pushed her in a different direction after she was diagnosed with Lyme Disease. Kimberly failed to get well with conventional treatment after seeing the best doctors and specialists and undergoing numerous tests + scans, and intravenous therapies. She finally decided to take matters into her own hands.

She delved deeper into holistic natural health and nutrition. Eventually, she finished her Ph.D. in the same field in 2020, which shifted the focus of her practice and filled it with a passion for recovery fueled by her healing journey.

Dr. Kimberly Spair uses her knowledge and experience to help women take their power back, as the pressures of the modern world can often feel overburdening when choosing a healing path. Her course, Empowered Women, will help women support themselves through their healing journey using a root-cause approach. It will also feature women's health from a natural perspective, fertility, emotional well-being, and navigating chronic symptoms and dis-ease. In addition, it will also include a Q&A session.

In conversation, Dr. Kimberly Spair shared, "My goal is to help women feel empowered by giving them the knowledge and tools to overcome the challenges of modern life. In addition, I believe nutrition is a large piece of the puzzle when it comes to chronic disease, and finding the right balance of healing foods, lowering the body's toxic load, and addressing stealth infections and nutritional deficiencies can allow all of us to improve our mental, physical, and emotional well-being. My course, Empowered Women, is specifically designed to help women, mothers, and soon-to-be-mothers navigate hurdles like female wellness, fertility, etc. I've built a community of empowered and supportive women."

Dr. Kimberly Spair's program, "Empowered Women," begins in March of 2023. Interested participants can register via the contact information below.

About Dr. Kimberly Spair

Dr. Kimberly Spair holds a master's degree in communication sciences and disorders from the University of South Carolina's School of Public Health. She later obtained a Ph.D. in Holistic Health and Nutrition in 2020. Dr. Kimberly Spair's work revolves around the science of toxicology, epigenetics, and dis-ease. She aims to empower and support women, girls, and mothers to regain health and vitality through holistic practices.

Contact Dr. Kimberly Spair

Website: www.drkimberlyspair.com

Email Address: office@drkimberlyspair.com

Dr. Kimberly Spair

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