

"It is my goal to help people attain optimum well being, by showing them health alternatives, allowing them to see the power of taking charge of their own health care."

Kasara D'Elene, TruHealth founder

Through her own life experience of more than 17 years of intuitive and imperical knowledge, Kasara D'Elene discovered the healing benefits of herbs. In 1984, suffering from numerous health problems and experiencing considerable pain, Ms. D'Elene contacted an herbalist when conventional medicine and numerous alternative methods did not help. Within a month, the pain was gone. Within a year, her major health problems were gone.

Leaving a career in the computer industry, Ms. D'Elene began studying the healing capabilities of herbs and has now chosen to share her knowledge with others so they may also benefit from herbology.

Education:

- ✿ Oregon Institute of Technology, majored in Medical Technology
- ✿ University of San Francisco, Bachelor of Science
- ✿ Studied under Master Herbalist Lawanda Stauffer, -other herbalists and doctors
- ✿ Third degree Reiki Practitioner
- ✿ Certified in Flower Essences
- ✿ Certified Natural Health Professional (C.N.H.P.)
- ✿ Member of the South Snohomish Chamber of Commerce
- ✿ Member of National Nutritional Foods Association (NNFA)

Here's what others say about Kasara D'Elene and TruHealth:

"My son and I have been seeing Kasara for three years and we are both off prescription drugs and healthier. I was able to go off antidepressants and thyroid medicines, and my son, who is ADD, was able to go off his medicine. Kasara does a good job. We don't get sick as often, and when we do we recover more quickly."

Tara Chang,
Kirkland, Washington

"Both my mom and I have been on an anti-fungal diet and herbal program for two years, we've lost about 30 pounds each, our systems are cleansed and our energy is up. My mom's Rosacea has cleared up and I don't have chronic Strep Throat infections any more."

Yolanda Fulmer,
Kirkland, Washington

"For many years now it has been my pleasure to work with Kasara D'Elene. I've taken her Herbalist training class, have given class presentations with her and have worked in her office part time for over a year. She centers on the wellness of her clients. She is my personal Herbalist and I recommend her to anyone needing herbal remedies. I also have the utmost respect for her knowledge, business practices, personal integrity and the quality of the products she sells."

Charles Crowder, D.C., San Jose

"When I first started seeing Kasara, I was taking 20 milligrams of Benedryl three times daily to handle my allergies. Within a few months, I was off of all antihistamines. Within a couple of years, I went off my allergy shots. As my body cleansed, my allergies slowly went away. Now I am pretty much allergy free."

Anne Horowitz,
Antelope, California



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Feverfew



Passion Flower

TruHealth offers:

- ✦ American, Chinese, Ayurvedic Indian Herbs
- ✦ Herbs & Ayurvedic Indian Herbs
- ✦ Herbal Combinations
- ✦ Herbal Extracts
- ✦ Vegan formulas
- ✦ Homeopathic
- ✦ Vitamins & Minerals
- ✦ Books & Pamphlets
- ✦ Educational materials

And

Organic and Alternative Food Items

TruHealth offers a variety of organic and alternative/transitional products helping you ease into a nutritional daily diet. Now you can enjoy a variety of healthy comfort foods for your busy life.

Individually tailored programs for:

- ✦ Asthma, hay fever, allergies
- ✦ Weight loss
- ✦ Digestive problems
- ✦ Headaches/migraines
- ✦ Immune System Problems/Virus
- ✦ Injuries, Breaks, Sprains
- ✦ Insomnia
- ✦ Menstrual difficulties/menopause
- ✦ Skin Disorders/acne
- ✦ Stress
- ✦ Appropriate herbs for pregnancy
- ✦ And more



Cramp Bark

TruHealth uses a variety of techniques to help you, through education, begin, understand and sustain your journey toward true health:

Kinesiology (Muscle Testing)

Using kinesiology, we are able to pick up energy like fine, radio wave-like signal from your body, either positively or negatively, similar to what a lie detector test would show. Your body responds by creating its own herbal guidelines, by priority, to support wellness. We follow that priority until your body changes it. We also work with you to help you hear and feel these messages your body is sending.

Iridology

An analysis of the iris, Iridology has been used since 1861, and lets us see the condition of specific weaknesses and strengths of tissues in the body.

Body Gem Reading

Learn how many calories your body burns in a day at rest. Then use this information to lose weight in a healthy manner and achieve a basic lifestyle change. This is also helpful for pregnant women to eat the correct amount of food and helping people gain weight when necessary as well. If you know how many calories your body burns—you can make better food choices with that knowledge resulting in your optimum weight.

Quantitative Fluid Analysis

Learn your biological age, find the underlying cause of your symptoms and gain insight to help facilitate change. This tangible report includes urine & saliva analysis with an extensive, scientifically based explanation of how stressed your organs are which causes illness.

Reiki

Especially good for eliminating headaches, Reiki balances your energy through a hands-on healing technique. Feel better with newfound energy.

Food Consultation

Now you can enjoy eating healthy. Learn how healthy foods can be the ones you actually like. Then learn how to prepare them for yourself and your family.

Classes

TruHealth offers a variety of classes on an ongoing basis. Ask for our most recent schedule.

Because everyone's body is different, what works for one person may not help the next. That is why we offer a variety of services, books, literature, classes and other educational materials, so you can learn what works best for you. Our goal is to help you gain the power of your own health care and achieve maximum well-being.

You can feel better and live life to its fullest!



Eyebright

TruHealth does not diagnose ailments or prescribe remedies in any way. Recommendations are not meant to be a substitute for care from a medical physician.