

Hey everyone!!! Long time no speak!! It's been sooo long since I've had the time or motivation to sit and write. We left CA last January after selling our home and plumbing business and closing my brick and mortar practice, and we went on the adventure of a lifetime! This year was a gift from God. It was just as much sanctifying as it was super fun. I know most people would start a YouTube channel and document every moment of their lives publically while they do the #rvlife and such, but we needed a year of rest, refreshing and reconnecting as a family. If God was calling us to walk away from all He had done with us and for us and through us once again, we wanted to be very intentional with our time and this season we knew would go by quickly (and it did!). It was an adventure that wasn't meant for publicity, and I am so grateful for it. We traveled to 15 states, mostly west of the Mississippi, over the course of 10 months in our fifth wheel. We saw so many beautiful places, so many old friends and family, we made new friends who were on similar adventures with Jesus, and we got to see what God is uniquely doing in so many different places! God showed up in the big and small things all year long! I experienced deeper levels of healing personally and in my health as I slowed down, played with my kids more, and rested in the Lord this summer. You never lose when you say YES to Jesus, even when it "feels like" you're losing something (or "losing it!") at times. haha. We have officially been in Sheridan, WY since early November waiting on our house (barndominium) to be finished....YES...still! There has been snow and ice on the ground since we arrived... God was sure to make up for all the winters we missed for 10 years in Southern CA :) As I write, we are STILL living the RV Life, inside of the shop part of our barndo, halfway moved into our house, waiting on appliances and a few other finishes still, working out of

my new home office, but not fully living in our house yet. I plan to update you further soon....

Blessed are the flexible... WE. HAVE. BEEN STRETCHED. this year. HA!

I've been blessed to get to stay in touch with some of you around the country this year as I kept my Wellness Consulting practice going. It's been a gift to me to be able to care for some of you still after closing my brick and mortar office. This work fuels me! That has gone so well that I am taking the Wellness Consulting (telehealth) part of my practice to a new level. I am currently working on some workshops, some new programs and other content to reach more people more efficiently and more effectively with hope and health through new avenues of Christ-centered Holistic Health Care. Stay tuned....

And...since so many people have asked and I just haven't had the time or energy to compile a big construction video without spending hours away from my kids... Here are a few shots of our project that started with a calling from the Lord to a place we'd never heard of, a piece of draft paper, a pencil, and a dream in our kitchen in CA last August 2021....



It's been years since I've raised my prices, yet my cost of doing business (malpractice and liability insurance, bookkeeping, payroll, HIPAA stuff, annual continuing education and licensing fees, EHR and other software costs, office supplies, equipment, time, etc.) continue to rise. SO, it's time unfortunately... As always, I took it before the Lord before making the changes.

Adult New Patient or Wellness Client (or complex child case that requires more time):
\$250 - 50 min

Child New patient or Wellness Client (12 & under): \$150 - 25 min

Follow-ups: \$100 - 25 min

***Contact Us for a special discount for a New Patient "family visit" (everyone must come in on the same day, back to back).**

This will go into effect Monday 1/16/23. You can stock up/purchase appointments at current prices until next Friday, 5 pm MST, 1/13/23. You may tell your friends/family or anyone who can benefit from your savings.

May the Lord richly bless you and your family through your health journey.

“And the God of all grace, who called you to His eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm, and steadfast.”

- 1 peter 5:10

** All details can be found at DrJana.com

I love you guys, I miss seeing so many of you each week in my old office. It's been a honor to serve and encourage you, whether it's through my office, our appointments, or my emails. I will share more as I know more and create more.

To Him be ALL the glory!

Dr. Jana

Know someone who needs hope or healing? Forward this email and have them [sign up for my newsletter here.](#)