



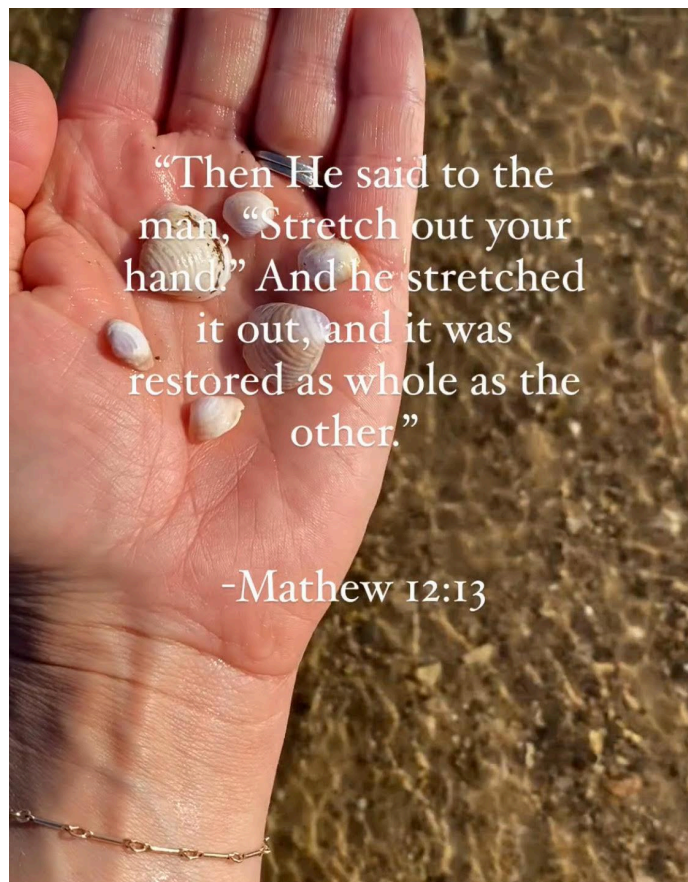
Hello friends, patients, clients & readers!

Last month I introduced you to my staff. Since there's so many new subscribers this year, I wanted to re-introduce myself. I'm Dr. Jana. I love Jesus, my family, and helping the Body of Christ get healthy. My practice and emphasis has changed over the years as I've learned, healed and grown. I practiced in Franklin, TN for 5 years until the Lord moved us to Southern CA for almost a decade. The Lord once again moved us in 2022 to beautiful Sheridan, WY where I am now a 100% virtual practice, serving patients and clients via telehealth in all 50 states. My emphasis is Christ-Centered "root cause" and foundational wellness, specializing in functional lab testing to answer WHY you are sick, WHAT is hiding in your body & HOW to get better.

My own struggles are what led to this passion & calling when I was 24 years old. I was battling severe vertigo, constipation, endometriosis and a LONG list of other symptoms for YEARS that no Doctor could help with. I was working in the Pharmaceutical Industry, living wild and selfishly in my sin and misery! 4 years later: I encountered the radical love & grace of my Lord & Savior Jesus Christ! And He continues to stretch me, sanctify me, heal me, and impart wisdom I would never have without Him.

In the last year, God has given me the wisdom to overcome severe mold poisoning, latent Lyme/co-infections, overload of environmental toxins and heavy metals...plus come alongside my husband through cancer and so much more. The last 6 years were some of the hardest for me, but ultimately what God used to mature and heal me on a whole new level. I cherish the health God has graciously restored to me, and I do my best to use it for His glory. All of this personal and clinical experience and breakthrough has led to even more effective tools to use in my practice. HALLELUJAH!! SO, I can

look back and thank God for the suffering and the eternal blessings, wisdom, confidence and strength that could come no other way. I have an eternal, unshakeable hope to share with those who are in the depths of sickness and suffering. To God be the glory in ALL of it.



“Then He said to the man, “Stretch out your hand.” And he stretched it out, and it was restored as whole as the other.” - Matthew 12:13



“Now when He had departed from there, He went into THEIR synagogue (The Pharisees: the arrogant, compromised, unbelieving, sin-sniffing, idolatrous religious leaders of the day; The knew the law better than anyone yet missed the heart of it).



And behold, THERE WAS A MAN WHO HAD A WHITHERED HAND.



And they asked Him, saying, “Is it lawful to heal on the Sabbath?”—that they might accuse Him.



Then He (Jesus) said to them, “What man is there among you who has one sheep, and if it falls into a pit on the Sabbath, will not lay hold of it and lift it out? Of how much more value then is a man than a sheep? Therefore it is lawful to do good on the Sabbath.”



(COMMAND FROM THE KING



) Then He (Jesus) said to the man, “Stretch out your hand.”



AND HE STRETCHED IT OUT (obeyed!),



(he didn’t hesitate, question, argue, count the cost, fear the Pharisees, bow to the religious lies he’d been fed, doubt Jesus, worry what anyone would think or what the outcome would be... clearly he had a glimpse of HOPE & He simply obeyed Jesus’ simple command!)



and IT WAS RESTORED AS WHOLE AS THE OTHER!!



(BEWARE)



Then the Pharisees went out and plotted against Him, how they might destroy Him.



But when Jesus knew it, HE WITHDREW FROM THERE. And GREAT MULTITUDES FOLLOWED HIM, and HE HEALED THEM ALL.”



BEWARE: Modern day Pharisees are alive & very active in “The Church” today... Denying the gifts & power of the Holy Spirit; skewed & imbalanced in the their theology, adding to the Word (doctrines of man) or obsessing over “theology” to the point they miss the heart and context... while policing their brothers and sisters in Christ, puffed up in the LETTER of the law, often living compromised lives & missing the SPIRIT of the law)



Grace & salvation are available to EVERYONE who will REPENT & BELIEVE!

Healing comes from the Lord, in HIS way, in HIS time, and according to HIS will... it won't always look like WE want it to. Often we will be asked “to stretch out our hand” in some way. Remember, Paul prayed for healing from his physical infirmities, but God said “My grace is sufficient for you, for My Strength is made perfect in weakness.” However, He healed Paul eternally, and in other ways (Saul) Paul never knew he needed!



Remember: grace = freedom FROM sin, not a license TO sin



And a little HOPE can go a LONG way!



Read



Matthew 12:9-15 NKJV



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 - We accept FSA/HSA funds for our labs & services.
 - All paid service invoices now have a "health-coaching" CPT code + my NPI # to help with reimbursement. However, we **CANNOT** provide an ICD-10 (diagnostic code) to you when we are working across state lines. Everything we *can* offer is provided on your paid invoices now.
 - You can also use your FSA/HSA funds with 3 of our many products lines. The HSA/FSA-approved lines are listed below:
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