



healthy life  
guru

## Do you feel disconnected from A Healthy Way of Life?

*Are you seeking a way to help get it back?*

As a healthy living consultant I help connect you to your healthy life in your body, your soul and in your environment.

Through an integrated method of healthy living education and full spectrum wellness coaching I work with you to create a functional system where every part of your life works in harmony, utilizing all of your potential to ultimately achieve "Sustainable Well-being."

*"Simply, your healthy life already exists inside you and It's my job to help you find it and learn how to keep it."*

With dual certifications in personal and corporate wellness coaching and nearly 19 years experience in the health and wellness industry, I offer irreplaceable knowledge, skill and intuition. Yet what sets me apart from others in my field is my own personal health journey, both as someone who had a health crisis in youth, as well as a caregiver who lost people I loved to illness. This very personal experience allows me a unique empathy and compassion that gives me a superior edge in working with people who want to obtain and maintain a healthy life.

[www.healthylifeguru.com](http://www.healthylifeguru.com)

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## Some Of What I Offer...

### Keynotes, Workshops & Seminars

Interactive life experience storytelling that inspires individuals to reach new levels of awareness, opening them up to the possibility for change in their lives.

### Corporate & Personal Wellness Coaching

An integrative well-being approach that teaches groups and individuals how to reach goals for personal growth, stress management, productivity, balance, and optimal physical health.

### Personal & Online Health Shopping

From the foods you eat, to your skincare, to the books you read and the products you use in your environment, personal health shopping is an invaluable tool that teaches you how to buy healthfully, responsibly and economically.

### Health/Medical Advocacy

A service that helps you better understand what your doctors are telling you and what you need from them, as well as connecting you to other exceptional integrative health professionals that can work in conjunction with your current medical team.

*"Elissa Fisher Harris is truly a Healthy Life Guru! She helped us finally get results with a family health issue when we were running out of options. She is knowledgeable, empathetic, and compassionate. I highly recommend Elissa to consult and coach anyone in pursuit of finding answers to living a healthy life!"*

- Huntley Ritter  
Actor, TV/Film Producer, Stafford Films

For more information, contact Elissa:

**Tel. 310-301-7257**

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