



Hosted by Damla Aktekin



Featuring Kristin Thomas

CONVERSATIONS WITH HEALERS



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In this Conversations With Healers episode, my guest is Kristin

Thomas, Certified Functional Diagnostic Nutrition Practitioner and Holistic Health Coach. Kristin has an amazing story of learning to heal her own chronic conditions including ulcerative colitis, hormone imbalances, leaky gut, food sensitivities and more. Kristin and I talked about:

- Healing the body naturally with food and supplements,
- The mind-body connection and looking at the imbalances in the mind and body as opportunities to heal deeply,
- How our health is a continuous flow and the goal isn't perfection but supporting our system as best we can,
- The importance of appreciation and gratitude for all that our bodies are doing right,
- Tapping into the signals your body is giving you,
- Trusting the healing process (knowing the next few steps instead of all of it) and that healing is possible,
- Working with multiple healers,
- Trusting that as a healer who you get as clients are exactly who you are meant to help, and more.

My favorite healing nugget from Kristin is “I think so many people today feel so disconnected from their bodies and what’s going on. In big part because of a lack of understanding of how our bodies actually work. They almost feel like strangers in their own bodies, their bodies betrayed them or it’s doing something wrong and they don’t know why. You can kind of feel like you begin to separate your identity from your body. It is a really scary place to be and that’s exactly where I was in. The mind-body connection is really coming back home to your body and starting to love your body again, even if it’s not perfect. There isn’t such a thing like perfect health. You maintain and manage good health, but there are always things you can be working on. It’s about appreciating where you are and gratitude for everything your body is doing right. Because it’s not always doing everything wrong. There are a lot of things that are going right.”

You can find out more about Kristin and her work at [her website](#). You can also connect with her on [Facebook](#) and [Instagram](#). Kristin has two free resources that you can download and dive into: [Gut Healing Recipe Guide](#) and [10 Tips To Naturally Improve Digestion](#).

If this conversation touched you in any way, inspired you or spoke to you, please share it. You can share it in a conversation, post about it on Facebook or Instagram, or email or text it to your friends and family. We truly appreciate your support in spreading the love and light that we hope to create with these conversations.

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identify your energetic wounds.

With love and light,

Damla

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