



DIVING DEEPER WITH DR. DEAN

Oct. 4, 2022 / Vol 11

Let's be Real & Get Raw

Dear Beautiful Souls,
Those of you who trust me enough to be real... to share your struggles... to show your emotions... to scream & shout... and throw it all out there. Thank you! I appreciate you and I do my best to create that safe & sacred space. I absolutely love the real and raw versions you allow me to see.

This naturopathic session or this hour massage is reserved to best serve you and your needs. It has recently come to my attention that some of you may think I have it all together and that I'm just a phenomenal juggler of Mom-life, work-life, homesteading goals etc. As much as I'd like to own that, it couldn't be more further from the truth!

I struggle, just like many of you, with all these hats. And that mom-guilt is definitely REAL! I went through the first years of mom-life by not spending a single dime on myself and not taking a single minute of time away from my kids unless I was working. If I wasn't making money for my family, I was with my kids. I wouldn't even take a potty break at the end of a long day because that felt like time taken from my family. Looking back it was a bit crazy.

Hardest things about being a Naturopath...

1. People assume you are perfect
2. You're expected to have all the answers
3. You can't do the work for people - sometimes the answer isn't all wrapped up in a swallow-able supplement
4. Fear of Failure



Real & Unfiltered

I, like you, have my own set of challenges. My children are amazing little creatures who also drive me crazy at times. I admit, I'm not the calm, sweet gentle parenting type. I yell, we cry, eventually someone gives up and two minutes later we cycle through it all again.

I enjoy learning new things and taking on more than I should. I've gone to the extreme of making my own almond milk & almond flour from scratch after making my almonds raw by soaking them. But I'm also that same woman who secretly loves Taco Bell.

Life is all about balance, right?

Things I have learned along the way

- Take time for yourself - we can't continue to fill others up from an empty bucket
- Let go of the mom guilt - this doesn't help anyone
- Ask for help!
- Be direct & blunt with your partner about what you need and why.
- Find a community of people you can surround yourself with who are going through the same things and learn from each other... support each other!



Liver & Gallbladder Cleansing Class

When: Sunday, Oct 16 @ 3pm

Where: My Office

185 44th St

Cost: \$30

RSVP 616.570.8886



If you can relate to this
and are ready for a
naturopathic session with
a 'real' person, call me!

I'm here for you!

(616) 570-8886