



INSPIRED WHOLENESS

Master Your Life Through Vibrant Health

I am deeply grateful to have met Deana, who guided me to experience the bliss of life. After years of trying various modalities, I have experienced an awakening. What I have always 'searched' for was residing within me all along.

—Gwen Edenfield



DEANA TARESHAWTY

BIO

Deana's personal story of transformation is a compelling example and a testament to the power of her work with others. Once unhealthy, overweight, depressed and spiritually bankrupt, she transformed her life from the inside out by dedicating herself to the 4 Pillars of Total Wellbeing, created by her mentor, Kedarji:



- **The Spiritual Power:** The highest divine conscious energy that is contained in everything
- **Improved Mental State:** Your capacity to feel joy, contentment, happiness and peace
- **Emotional Resilience:** The ability to express your emotions without being captive to them
- **Vibrant Health:** Attaining a state of abundant health that enables you to age gracefully

As a result, Deana cured herself of Type 2 diabetes, insulin resistance, metabolic syndrome and fatty liver, along with dropping excess weight, reducing blood pressure, curing food cravings and increasing her daily energy.

TRAINING AND CERTIFICATIONS

- Reiki Master Teacher
- Yoga teacher certification, 200 hours
- Certified NLP Practitioner through Bill Thomason, NLP Coaching & Skills Training Institute
- Ordained Spiritualist Minister, Fellowships of the Spirit and The Church of the Angels, Cleveland, Ohio
- Crystal Healing Practitioner through Naisha Ahsian, three-year program
- Soma Energetics Level 1 sound therapy practitioner, tuning forks
- Qi Gong healing practitioner, Level 1 with Master Robert Peng
- Community Herbalist Certification, The Trillium Center, Leah Wolfe
- Plant-Based Nutrition Certificate, e-Cornell and T.Colin Campbell Center for Nutrition Studies
- Lab Masterclass Training with Dr. Alan Hopkins (interpreting blood work)
- Medical Herbalism certification, the North American Institute of Medical Herbalism, Paul Bergner

PROFESSIONAL MEMBERSHIPS

American Herbalist Guild
National Health Association

COMMUNITY SERVICE

The Bhakta School of Transformation
Canfield Junior Women's League:
Kids Grieve Too
The Church of the Angels

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NEED A SPEAKER?

Deana Tareshawty is a highly relatable speaker and impassioned advocate for holistic wellness. She specializes in working with women who struggle with weight issues, stress, compromised health and lack of self-worth and purpose. Deana's calm demeanor and compassionate heart, combined with her deep knowledge of holistic health, help audience members and listeners gain the inspiration and courage to change their lives for the better.

Deana is available to speak on topics related to whole health and wellbeing via:

- Guest interviews
- Conference workshops and keynotes
- Training and development
- Online tele-seminars and podcasts
- Special events
- Corporate, leadership and organizational retreats

'THE INSPIRED WHOLENESS PODCAST' with Deana Tareshawty

Join in for enlightening conversations about holistic health and wellbeing. Listen in as experts share leading-edge advice about herbal medicine, plant-based nutrition, growing herbs, meditation and chanting, yoga, cultivating happiness, balancing emotions, managing stress and more.

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TALKING POINTS

What is your business philosophy in a nutshell?

That true wellbeing is only possible through your whole being—physical, mental, emotional and spiritual.

What are the typical symptoms that your clients struggle with?

Chronic or “mystery” illnesses
Excess weight gain or inflammation
Lyme’s or other auto-immune ailments
Sluggish digestion and bloatedness
High blood sugar or insulin resistance
Compromised emotional state
Depression or mental restlessness
Lack of life direction or purpose
General fatigue

What services do you offer?

Our Inspired Wholeness Lifestyle Coaching helps individuals who are feeling compromised health-wise jump off the medical treadmill. We offer personalized coaching, herbal medicine and healing sessions, coupled with add-ons from a suite of Inspired Wholeness Spa services. The focus is on long-term lifestyle solutions, not treating symptoms with quick fixes.

What inspired you to this line of work?

I’ve lived it. I’ve successfully used the techniques that I now coach others on to transform my life. I’ve healed from Type 2 diabetes, excessive weight gain, autoimmune and hormone imbalances, insulin resistance, fatty liver and more. I know what foods and nutritional approaches work best to bring the body in balance, and what herbs are better for some versus others, because I experiment with them in my own test kitchen and lab.

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TALKING POINTS

(continued)

What makes herbs so powerful and why do you focus on them?

Herbs are nature's potent medicine. They can serve as a supportive presence in our healing journey; and they do so without creating a dependence like many pharmaceutical medications do. You are able to use them only when needed.

Explain more about the difference between how herbs and pharmaceuticals work.

Herbs work with your whole system and perform multiple functions in the body. For example, if you take an herb for its antiviral properties, it will go in and support the cell wall to prevent a virus from attaching to it, and you will also receive the added benefits of that same herb building your entire system through providing vitamins, minerals and other plant constituents, or being anti-inflammatory, calming, detoxing. This is in contrast to a pharmaceutical medication that goes in and targets a specific action in the body and provides no additional benefits.

How is herbal medicine helping us take our power back when it comes to our health?

Herbs are affordable and accessible to everyone. You can take control of your health and wellbeing by growing and making your own herbal medicines. It's good for our planet and for the soul. Growing your own herbs grounds and connects you to the earth, which in itself is healing. It builds respect for nature and connects to the divine spark that animates everything.

What is the highest outcome of this?

When you respect and honor all life as sacred, you will naturally have more respect and honor for your own health and want to protect it with every means possible.

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