

So Much to Catch Up On

Many of you noticed that we did not get a newsletter out in April or May. Sorry for that! We have been so busy that those two months just went by in a blur. However, it is time for some serious and exciting updates to be announced.

By far, the most sensational news is that of the FDA raid. If, by chance, you missed the notice that was sent out last Friday about the invasion of the clinic and the Monzo residence, it is included as an attachment to this email. The wheels of “justice” (if you can call it that) turn slowly, so there is nothing new to report at this time but we do have a number of announcements regarding current clinic operations.

1. No Qest4 scans are currently being done. Our practitioners are using a combination of the Qi5 and muscle testing in a new service designed by Dr. Monzo, ND. For a detailed look at the new offering click [HERE](#). We hope to resume Qest4 scans in the future but there is no way to know when.

2. DNA samples are no longer being collected for services. From now on, new clients will be using the QC Form for energetic testing via a type of radionics. Clients who currently have DNA on file will be asked to update their files with the same form as we move forward. You can find the QC form [HERE](#)

We want to say thank you to all of you who reached out with words of encouragement and support and to those who have donated to our Health Freedom Fund. If you would like to sign up for updates on our case and give to the cause to support freedom of choice, use the following links:

[Give Here!](#)

[Sign Up for Updates Here!](#)

Your prayers and ongoing partnership with us are crucial at this time and we want you to know that we have seen God do some truly amazing things as we go through this tribulation. There is NO DOUBT that He is with us and working on our behalf!

Update on Discovering Mercy

Others are in the enemy's sights as well! For almost a year and a half, we have been proudly supporting and recommending the work of Discovering Mercy. We have seen our own lives, and those of our clients, dramatically improve when the principles taught in the courses are genuinely applied. Recently, we became aware of some decisions by the board of directors that have cast a shadow over the future of that ministry. Until we can determine whether Biblical mediation has been properly applied and an agreeable outcome is at hand, we are suspending our formal support of the organization: NOT the founders or the material! If you have signed up for a future course or are a current student, please email Kim for more information. You can also go to their new website to support these amazing ladies!

In the Spotlight

WELCOME TO THE TEAM!



Teresa Ojinma

MSc. Healthcare Management, BSc. Kinesiology
Clinical Exercise Physiologist
Kinesiologist

Certified Essential Somatics Movement Teacher
Coherent Restore Practitioner

Exercise Therapy | Restorative Movement |
Pelvic Floor Workshop

BOOK A SESSION TODAY

Click the image above to go to her page on our site.

It is with great joy that we announce our most recent addition to our practitioner family. Say, "Hello!" to [Teresa Ojinma](#), somatic movement specialist. Many of our clients have already experienced the transformational power of her movement sessions which compliment our other modalities such as ATB and Pathways perfectly!

Teresa is a Clinical Exercise Physiologist, Kinesiologist and Essential Somatics Movement Teacher. Her passion for movement began at a young age through participation in sports. Over ten years ago, she started her own business and began training clients and providing nutrition coaching in the comfort of their own homes. She was introduced to biophysics and Dr. Alphonzo Monzo nine years ago by a mutual acquaintance, and began learning about bioenergetics, along with the harmful effects of EMFs and RFs on the body, and the vital roles that water plays in the body.

Seven years ago, Teresa was introduced to somatic movement education and practice, which transformed the way she lives, works and teaches movement.

After a cancer diagnosis in December 2021, she delved deeper into wholistic aspects of health and wellness and the root causes of disease. She learned the impact that stress, trauma, negative thoughts and limiting beliefs have on physiology. Teresa reached out to Dr. Alphonzo Monzo, ND for help in February 2022, and has been continually learning and applying the Aleph-Tav Body System hands on applications and restores. She is eternally grateful to Yah for her life and guidance, through fervent prayer, that led her to Dr. Monzo, ND and his team at Well-Being by Design. They provided the education and instruction she needed on her journey toward health and wholeness.

Her purpose is to love God (Yah), love herself and love people. Her mission is to empower people through movement education, love, relationship, connection, application and practice. To know and understand the responsibility we have as human beings to gain a greater self-awareness that leads to transformation, restoration, freedom and success in all areas of life.

What is Somatic Movement Education?

Restorative Movement Education is a form of somatic therapy based on the work of Thomas Hanna PhD, founder of Clinical Hanna Somatics, which is a type of neuromuscular training that uses the sensory motor feedback loop of the somatic nervous system to teach the brain how to release, lengthen and fully relax muscle tension to eliminate pain and improve movement. It is "somatic" because the learning occurs within the individual from a first-person perspective which is self-initiated and self-controlled.

Eliminating muscle pain, stiffness, and the feeling of 'getting old' starts with the brain. Trauma, stress, and postural compensations change the way the brain senses and moves us, and how we experience ourselves on a physical and emotional level. This education teaches you to restore fluid, effortless, and joyful movement – on your own, wherever you are and whenever you need it.

Benefits of Restorative Movement

- release chronic muscle tightness
- improve posture and movement
- reduce stress
- improve sleep
- improve breathing
- enhance athletic performance
- prevent and recover from injuries
- effective warm up and cool down from workouts
- increase flexibility and range of motion
- improve balance and coordination
- help the body release trauma

- return the nervous system to a state of rest

Check out her page for more info and full bio [HERE](#)

Unfortunate Goodbyes

As thrilled as we are to welcome Teresa, it is with heavy hearts that we say goodbye to Shelly from Optim Cryo. Our professional relationship came to an abrupt end last week after serious, repetitive actions made it impossible for us to keep her on site. We offer our apologies to any of our clients that were negatively impacted by her behaviors, and we want to give you an opportunity to hear directly from us if you have any questions or concerns. Please pray for discernment as we determine what steps to take moving forward and for future restoration and healing!

ATB COURSE 1

ATB Class: July 2024 **SOLD OUT**

Now enrolling for November 2024 - seats are limited! [Click Here!](#)

Recent Interviews

Check out the great conversations with Mike Adams, the Health Ranger. You can find them both here at drmonzo.com or follow the direct links below.

[Interview 1](#)

[Interview 2](#)

Special Dates

Skin Clinic

June 26, 2024 from 10-2

Free skin inspection done by Dr. Janet. Lesion and mole removal performed by non surgical procedure. [Click Here](#) for more info!

Check out our previous newsletters on the website. Hover over About Us to read past editions.

www.well-beingbydesign.com

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