






what matters?



...more than your health?

-  Chronic illness recovery without medication or supplements
-  Health coaching, emotional healing, personal development
-  Specialising in chronic fatigue, anxiety, stress, fibromyalgia, depression, insomnia, adrenal exhaustion, irritable bowel...

It's an art and science to stay well.
We can show you how...

SELF CARE...
A REVOLUTION
IN HEALTHCARE



The Art of Health

AND SCIENCE OF WELLBEING

Without good health, our lives are limited. And yet most of us only pay attention to our health once we become sick. More than ever it is essential that we learn how to take care of our own health and wellbeing.

After learning our healthcare techniques, you will have the tools to look after your health... for life. Not only will this save you money on healthcare and insurance, it will allow you to experience true happiness and live a fulfilled life.

Contact us about our services and tailor-made healthcare programs.

Our specialities are....



Health and Personal Development Coaching

Follow the 'laws of health' and become the master of your life...

Learn how to look after your own mental, emotional and physical wellbeing. A range of illness prevention, health recovery and life enhancement programs.



Emotional Intelligence Training

Use your EQ in tandem with your IQ for easier living and illness prevention...

We are all born with a 'body intelligence' but few people know how to use it. Learn to use your emotional intelligence for optimal health and wellbeing.



Chronic Illness Recovery

Adrenal exhaustion, chronic fatigue, stress, insomnia, anxiety, depression...

Your body communicates via emotions and symptoms - learn to interpret your body's needs and heal chronic conditions without medication or supplements.



Qi Gong and Taoist Meditation

Ancient wisdom for a modern world - learn the secrets to health and longevity...

Replenish and cultivate the life force energy which underlies your mind/body. Clear your organs of physical and emotional toxins to restore inner harmony.



"It's like magic getting my life back..."

...Thank you so much for your help and patience. I can't believe how differently I feel." (Joan, 46yrs, Napier)

Helping you to heal and transform...

Stress, Adrenal Exhaustion, Chronic Fatigue, Fibromyalgia
Irritable Bowel, Anxiety, Insomnia, Workaholism, Burnout
Depression, Emotional Trauma, Abuse Issues and more...

Sessions available anywhere in the world by phone and skype
Private Consultations » Seminars and Workshops » Tailor-made Retreats

Talk to Kim Knight

YOUR HEALTH & PERSONAL DEVELOPMENT COACH

Kim Knight is an accredited health practitioner with a wealth of experience and has featured in Healthy Options, Business Today and Fitness Life.

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