



SOULCORE
BODY MIND SOUL

SOULCORE GENESIS PRESCRIPTION TESTIMONIALS

My SoulCore Genesis Prescription experience was beautiful and unique. While secular wellness programs focus on physical movement; hormonal health; nutrition; and stress reduction, the SoulCore Genesis Prescription illustrated to me that I can have all of these wellness pillars by utilizing all that God has given to us in His Creation.

I thought I knew much about what I needed to do to take care of myself ... eat healthy foods, move my body, drink water, sleep, etc ... but the SoulCore Genesis Prescription took everything to the next level with information I never heard of before AND then to the highest level by tying all into God's plan for us as the designer of our bodies. Nothing I do now is the same.

I have been in the fitness industry for most of my professional life, and I feel I have a pretty good knowledge of the body. However, I learned many new things from the SoulCore Genesis Prescription! I love the Biblical references that backed up every health habit that we were encouraged to incorporate. I found it fascinating and inspiring even when it was something I knew about the body already.

God gave us everything we needed through His perfect creation. As humans, we have engineered ourselves away from simplicity and His perfect gift. SoulCore's Genesis Prescription reminds us of His gifts and how each pillar contributes to our health - body, mind, and soul. I highly recommend this thoughtful program for anyone yearning to be rested, energized, and healthy - just by returning to God's simple creations.

Physicians diagnose and treat, but when we view our health through the lens of our Creator, it becomes much more than what modern medicine defines. Through the Soulcore Genesis prescription, I had the opportunity to relearn that health is not just about receiving a diagnosis and treatment plan; it's about recognizing the whole person and the integrated parts that God designed us to be. Allow God to open your eyes, ears, and heart to His divine plan of healing and restore you to the way He created you— in His image and likeness.