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*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. - Barbara Ann

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. The respect I have for my body now and the deeper knowing how everything I need for total wellbeing has been prescribed by God and provided for through His other creations keeps taking care of my health simple and joyful. Thank you Deanne and Julie for offering this priceless series. Everyone should take it !. - Denise Marie

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. - Christina

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. - Catherine

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. - Janice



I just want to write how much the Genesis Prescription Zoom meetings, the daily sheets, the wellness journals, the resource guides, and the podcasts have been such a blessing to my mom and me! It has completely changed our lives, and I have no doubt that everyone who is taking this class has been blessed as well.

My mom has SLE Lupus, which is an autoimmune disease that affects her organs. We have been implementing pretty much all of the Soulcore/Genesis Prescription practices thus far, and amazing things have begun to happen(praise Jesus)! For instance, my mom's blood test from a week ago came back stating her inflammatory markers were way down and her ANA(antinuclear antibodies) came back normal! God is working miracles through you both! It is all because you both have taken the time to have these classes and everything else that goes with it.

I too have had some fantastic results, especially with the breathing pillar!! We have grown even closer to God because these practices have continued to teach us that He alone is in control, and by working with Him in following these practices, we have nothing to fear. God bless you both, (P.S. Thank you for always sending the recording because I am normally unable to attend the live taping) - Kimmie

I thoroughly enjoyed diving deeper into the God and wellness connection. It helped me to see and appreciate how God created us to be healthy and whole...body, mind, and spirit. - Donna

SoulCore Genesis Prescription was fascinating and opened my eyes to a deeper level of appreciation and love for God's beautiful creation and how - in His abundant goodness and infinite wisdom provides for us. Julie and Deanne passionately and enthusiastically presented each week's pillar. The pillars were rooted in scripture, saint quotes, and prayer which kept God at the heart of the SCGP. Due to the time of day and the 4-hour time difference, I wasn't able to participate in the live zoom meetings. With a grateful heart, I listened to the recorded meetings which were posted the same day. The supplemental podcasts and printouts were engaging and beneficial – complementing the information Julie and Deanne shared during the weekly zoom meetings. I communicated with them through email whenever I had a question and always received a response in a timely manner. My participation in SCGP continues to be gratifying and fruitful. Thank you Julie and Deanne for offering SCGP! ~Francine



Thank you - the SC Genesis Prescription has been transformative & enlightening & perfect God's timing. - Maryann

I have always been very disciplined. I have been intermittent fasting for many years and loved it. I drink a lot of water every day. In recent year or two though I have noticed way less energy, brain fog, trouble sleeping and gained 15 pounds without doing anything different. That has been very frustrating because I am used to operating each day at a certain level and also because I don't eat junk food and fast frequently. At the same time I felt guilty because I am in overall good health and should not be complaining given so many people I know that have much worse health problems. In the last several months I have been trying to make changes to my routine in addition to seeing a doctor and trying to figure out the root of my problems (which is I am convinced of getting older, and includes an underperforming thyroid). The problem we are having right now is too much information and too many trends that have no real basis other than random people talking about topics they have no real education in. I was vegan for 5 years and vegetarian/pescatarian for 5 more. I have now started to eat meat and focus on protein in my diet but still feel kind of anxious about what is the right thing to do when there are so many extreme opinions out there. I loved the SoulCore Genesis Prescription Program because it goes back to one Person in the world I know I can trust and one book that contains all the truth, the Bible. I have been mind blown by what I learned about light, grounding and breathing. I have always instinctively known being out in nature felt good but I feel I am much more knowledgeable and mindful about going outside, enjoying sun rays on my skin, taking my shoes off while I watch my son's soccer game. This experience has been a God sent. Thank you so much for all the effort you have put into this. - Monica

This study was life changing and I am definitely incorporating so much of what I learned into my daily routines.- Aimee

I really enjoyed the class and learning all of the different benefits. I've still been implementing my fasting from 8pm-8am which has been awesome, as well as hydrating.... I definitely feel like both of those have made a huge difference. Thank you for putting this together!! - Trey

The SC | GP was awesome. This is exactly how I needed/wanted to start my year. My favorite thing about SC | GP is that it is foundational & attainable to live by. Other programs I have joined have been impactful but unattainable. Yours did it all!!! Thank you so much for making this happen. I have definitely noticed a difference in my overall health. It was a great mind, body, & spirit transformation!! So thank you! - Nicolette



I want to thank you both for the opportunity to journey through the Genesis RX program. I've had an interest in fitness and well being for several years, but never did I dream of all the missing pieces that were included in the Genesis program. Learning about the pillars and their relationship to God has brought new meaning to taking care of myself. I thought the material was presented well. I needed to hear the information repeated (daily sheets, podcast, zoom meetings). The wellness journal has been a great guide. Blessings to you , for the work that you do, - Donna

This was amazing! I would love to go through this again and invite others to join. I know I would learn more each time going through this again. Thank you so much!! - Angela

I was looking for a reset for the year. The Soul Core Genesis Prescription surpassed my expectations! I have been on this journey for many years but this program presented so much new science-supported information in a clear and manageable way and I looked forward to each week's focus. I am learning to implement each of these practices gradually, making lasting changes. I'm not only feeling better physically, but I'm feeling closer to God, being a better steward of the body He's given me, and feeling more in tune with His Creation. I'm so grateful I took the plunge! - Denise

I would highly recommend the SoulCore Genesis Prescription because of the detailed information on a health and spiritual viewpoint. The experience helped me open my eyes to how God and all that He created is intertwined in all of our daily actions. From what we touch, taste, feel and see to the prayers that we say, He is in all of it. This experience helped me gain so much knowledge and new tips on incorporating natural resources into my life. Deanne and Julie provided a wealth of information without it being too overwhelming. It was definitely worth the time and money! - Jen

Breathing, so natural, so taken for granted. The segment that linked breath to scripture was so inspiring. I was trying different 2 min breathing links but found issues, SO my husband volunteered to lead our breathing meditation in the am (usually our second cup of coffee in bed). He is fantastic. I call him Fr. Rich. Sometimes he links in scripture from mass, sometimes it is a minimal amount of talking. It is mostly 2-4 min. What a blessing to share. - Marjorie



Incorporating how our bodies were made in God's image through the Bible verses and the resources of each week, came together simply and beautifully. Thank you!!! - Patti

The SoulCore Genesis Prescription helped me stay on course and motivated with my wellness journey! The experience offered many tips and strategies for better physical and mental health while staying connected to my faith. Great program! - Stacey

SC|GP made it manageable to tweak habits even for my busy schedule! I've easily managed to keep the new habits regularly (not perfectly, but they're easy enough to come back to anytime), and I notice much more joy and connection to God! Plus, I fit back into my old jeans! I didn't join to lose weight, but it's almost as if by shedding the things disconnecting me from God, I've shed some of the extra weight I've carried. - Carolyn

I am so thankful for SC|GP. Our Heavenly Father, Creator of all things, provides abundantly for all our needs! Taking a deep dive into the 8 SCGP pillars through a daily scripture verse and readings, saints' quotes, weekly podcasts, and a weekly zoom meeting fed my soul, mind, and body by providing me knowledge to improve my overall well-being. - Francine

"I have enjoyed learning about health for a long time, and I was a little nervous that this would be a repeat of things I had already learned. The reality is that I learned way more than all of my other courses I have taken, and never before have I seen it tied back to our faith. This was such an amazing course; looking not just at physical health but our spiritual as well. It gives our health so much more purpose and it opened a whole new window of things for me to continue to learn and improve upon. These ladies are incredible. Thank you for being such a great testimony for God and highlighting Him through the work you are doing." - Angela