

Holistic Health Guidance & Integration

Recommended Resources

www.holistichealthintegration.com

Note: Everything listed here is recommended within our practice. These are resources — not prescriptions. Always consult your practitioner before starting something new.

Peptide Therapy

Affiliate Partner — Tura Premier

Peptides are short chains of amino acids that play a key role in how your body functions. They can support muscle growth and recovery, promote fat metabolism, and boost collagen production for healthier skin — all through pathways your body already uses naturally.

Orders are placed directly through our affiliate link below. Questions about whether peptides are right for you? Bring it up at your next session.

Order Peptides: <https://tura-premier-partner--affiliate-program.peachs.co/a/kayla-ewing>

Mother Earth Minerals

Affiliate Partner

High-quality ionic minerals sourced naturally to support cellular health, hydration, and overall vitality. Minerals are the foundation of nearly every function in the body — and most people aren't getting enough from food alone.

Shop Mother Earth Minerals: <https://www.meminerals.com/?afid=3849>

Nutritional Resources

Affiliate Partner

A curated selection of professional-grade nutritional products recommended through our practice. These are the supplements and support tools we stand behind for our clients.

Browse Nutritional Resources: <https://nutritionalresources.com/ewing,ms>
