

SOUL ALIGNMENT + MAGNETISM



TAYLOR STONE

TEACHING WOMEN HOW TO VIBRATE HIGHER + LIVE A LIFE THEY LOVE!



**HELLO, GORGEOUS!
IT'S TIME TO UNCOVER THE INNER GODDESS YOU'VE BEEN HIDING
FROM THE WORLD AND RADIATE CONFIDENCE AND JOY.**

Taylor is a life coach, energy healer and spiritual mentor who helps women make the connection of how your mind and current belief systems influence your overall well-being and how to instead reprogram your brain to manifest the life you desire. She focuses on energetics and mind body medicine, which addresses all areas of life including mindset, thoughts, emotions, stress level, dietary habits and believes that by raising your frequency and bringing the mind and body into alignment is what will permanently heal your life and bring more abundance into your life.

She is a former NFL Cheerleader who also attended Arizona State University majoring in Exercise Science and Health Promotion as well as multiple certificates from the National Academy of Sports Medicine. She also attended The Institute of Integrative Nutrition to become a Holistic Nutritionist specializing in life coaching, detoxification, hormones and overall mental and emotional well-being. She believes that every single body is different, therefore every person requires customized guidance to reach true health. Her mission is to help women heal on an emotional as well as physical level to awaken to the life they have always dreamed of.



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**HOW TO VIBE HIGHER +
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TO SPEAK AT YOUR
NEXT EVENT!**

TAYLOR IN THE MEDIA

LOOKING

Spiritual life coach Taylor Stone focuses on the importance of emotional well-being

WITHIN

Taylor Stone is the type of person that dances in grocery store aisles. She talks about vibrations and what true joy means and about living your best life. She's out to help others heal like she once had to and her goal is to make sure other women learn how to fall back in love with life, just like she has.

FINDING INNER HAPPINESS

Years ago, Taylor Stone seemed like she was living a blessed life. She was thin, beautiful and surrounded by amazing friends. She had been both an Arizona Cardinals and Washington Redskins cheerleader. But secretly, she knew something was wrong.

"When I was in my late teens, early twenties, all I cared about was how I looked on the outside," Stone says. "I paid very little attention to the consequences of what was being done internally to my organs, hormones and overall unhealthy value of the aesthetics."

Stone, like many women, was careful to watch her weight. She would obsessively track her calories and food portioning on a daily basis. Her dancing and cheerleading career was strenuous on her body and required more calories than she was taking in to recuperate.

"I wasn't healthy physically, and my emotional well-being became unstable because of it," she recalls. "I taxed my body so much that I started developing hormonal issues that come along with lack of nutrients. I knew I had to make

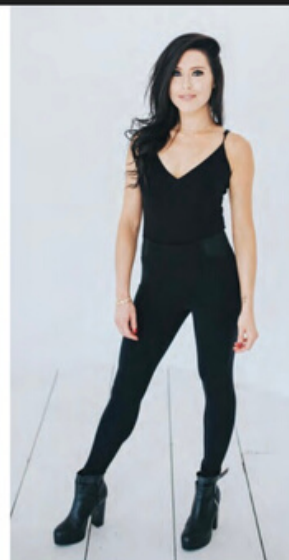


a change. My focus was too much on my body and not enough on my emotional and mental well-being, which should always come first."

It was a wake-up call to Stone, one that she would take on with her typical passion and verve for life.

Stone started listening to her body and began eating more intuitively, asking herself daily what her body needed. She stopped counting calories and started thinking of food differently.

"Today, I wake up feeling nourished on a mind, body, and soul level and it's because I don't restrict myself anymore. We need to realize that every single body is different and we need to start listening to what our individual bodies need. Emotional well-being is so much more



called *Vibe Higher*, where she shares tools and secrets to help listeners increase confidence, radiate health and feel stable again, allowing them to live a life they are in love with and inspired by.

Whether it's her podcast or personal consulting service, Stone loves sharing advice on staying grounded and finding joy in life.

"I like to encourage meditation outside in nature and spending as much time alone as you can. You can't find out what your soul truly wants if you are constantly inundated with external noise," She says. "Also, set boundaries and audit your circle of friends. Make sure that those you surround yourself with are adding to your life and not depleting your energy."

One of her biggest tips she offers is

"I focus on emotional and mental well-being before anything else when I am coaching women, as everything falls into place and aligns once you have cleared what may have caused restrictive eating and lack of self-worth in the first place."

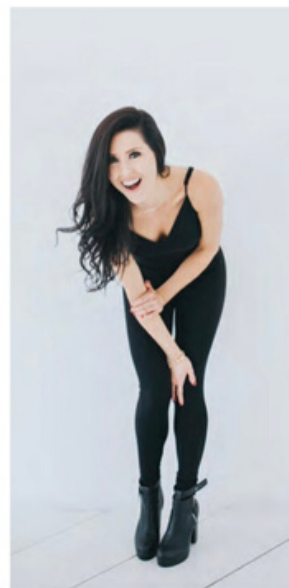
important and fulfilling than a body fat percentage or a number on a scale."

PASSING ON THE MESSAGE

Stone took this new found inspiration and turned it into her life's passion. After graduating in 2010 from Arizona State with a degree in health promotion, she launched Inner Goddess Health, a spiritual life coaching and holistic wellness service. She now provides one-on-one coaching to women, helping them step into their full potential.

"I focus on emotional and mental well-being before anything else when I am coaching women, as everything falls into place and aligns once you have cleared what may have caused restrictive eating and lack of self-worth in the first place," she explains.

Stone also has a bimonthly podcast



a lesson that took her 28 years to learn herself.

"Understand that your thoughts and emotions create your physical state and what you end up manifesting in life," she advises. "It wasn't until I learned to change my thinking that I started to heal, physically and emotionally."

Stone's journey back to a healthy state took time but along the way she found herself and she is ready to deliver those lessons to all the women she meets.

"I truly love helping other women step into joy and live the life they have always wanted to create, but still have some limiting beliefs around it," Stone says. "My intention is to help heal and raise the vibration of the world and help to change as many lives as I can."

For more about Stone or Inner Goddess Health, visit www.innergoddesshealth.com.

Brittle or dry hair, skin and nails

This could be a symptom of a slow functioning thyroid hormone, not getting enough healthy fats

in your diet or could mean that your body is in need of omega-3 fatty acids.

Tingling in the hands or feet

This could be a

symptom of vitamin B deficiency (for vegans this is very important to supplement with), low folate (B6) and B12, or low vitamin D3. It can also be from anxiety and hormonal imbalances or slow circulation of blood.

Cracks in the corner of the mouth, tingling tongue and general dryness of the body

This could be a symptom of an iron deficiency, a B12 deficiency, a vitamin C deficiency, a riboflavin deficiency, or a zinc deficiency. It could also be a sign that you are not getting enough protein in your diet (high-quality protein like wild caught fish and organic meats).

Unexplainable fatigue

Though iron deficiency is most likely the culprit of this symptom, do not supplement with iron unless checking your levels with a doctor first. It could also mean you have a folate deficiency or vitamin D deficiency. Being low on iodine is another reason you could be tired – you can get this from kelp and table salt though sea salt is recommended. Lastly, not eating enough calories, especially fats which regulate your hormones, could be the cause of your fatigue feeling.

Muscle cramps
It's possible that you may have a magnesium deficiency (found in foods like spinach, kale and

almonds) if you are experiencing muscle cramps. Taking in too much calcium in your diet can also cause this as it creates an imbalance, or not eating enough potassium (coconut oil and bananas) can also be a cause. Lastly, excessive workouts (too much sweating, not enough replenishing) can be the culprit.

What to Do Next

If after reading these a light bulb went off that some of these may in fact be occurring, the best plan of action is to begin taking a high-quality multivitamin supplement. Most of the time, doing this alone can address any bothersome symptoms that may be occurring inside or outside of the body.

For others, seeking advice from a naturopathic doctor who is able to test for deficiencies is the next course of action as this can be a more in-depth answer to what needs to be addressed and added in.

Eating nutritiously is very important, but most of the time it's not enough to fuel and nourish the body properly. Always use intuition as the best and first form of asking if something is amiss, and then take action from there.

The body is powerful and always wants to come back to homeostasis. Listen to its queues and signals whenever possible to ensure living a joyful and highest quality of life.



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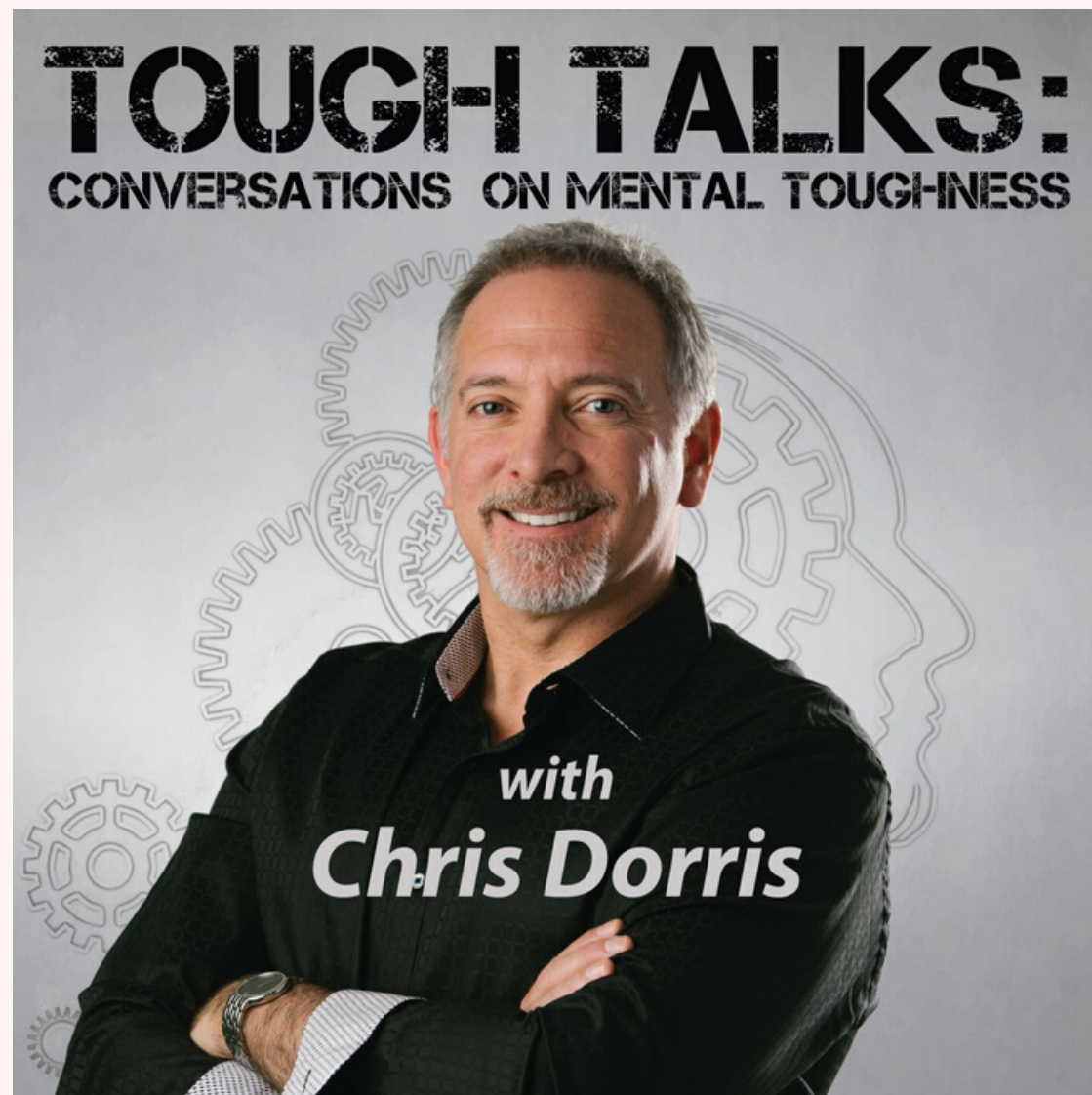
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