



## About Amy Butchko, CHC, LDHS



Wellness Works, LLC, founded by Amy Butchko in 2007, serves individual and corporate clients near her home in Northern Virginia and nationally via phone and Skype.

Originally trained as a **Certified Health Coach**, Amy expanded her training to earn certifications as **Natural Health Practitioner** and **Digestive Health Specialist**. Amy also serves as **Executive Director** of the **Wellness Education Association of America**, a 501(c)4 not-for-profit organization dedicated to educating members in traditional ways to eat better, reduce stress, increase energy and improve

personal wellness.

### A few words from Amy...

“I’ve built my practice teaching clients how to make high-impact adjustments to food and supplements to get spectacular results when all else has failed. What I do is startlingly simple, but I’ve seen it work again and again changing lives for people who would otherwise still suffer with faulty digestion and crippling symptoms stemming from stress, nervousness, pain and fatigue.”\*

“For others who, like me, want to feel the benefits of vibrant health along with having enough energy to get the most out of life, I host cooking classes, tele-seminars, “Transformational Weekend” health retreats, and offer one-on-one health consultations. To better serve my clients, I founded the Wellness Education Association of America, and all my Wellness Works, LLC, clients are members, enjoying benefits like a newsletters, product discounts, advance notice of classes and retreats and more.”

\*These statements have not been evaluated by the FDA and are not to be construed as diagnosis, treatment or cure for any particular disease or malady. Participants should consult his or her physician before embarking upon any health practice that’s new. Results achieved will vary from person to person.

703.791.WELL (9355)

[www.wellnessworks-llc.com](http://www.wellnessworks-llc.com)

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### **Client Feedback**

*"I'm happier, have more energy and a yearning to learn more about myself every day and keep making changes to be even better. Thank you for that!"*

Amy Reiley, Current Client

*"This was the best year of my life!"*

Neal Frick, 2012 Coaching Graduate

*"I came to Amy a complete mess and very anxious about what she would say and the changes I would need to make. The great thing is, that Amy didn't come at me pointing fingers...but only make me feel better implementing natural ways to keep everything in check and manage life as I know it. It's only been a few months and with some simple changes, my energy is back, I'm sleeping well again, and my digestive troubles are solved. She's helped me learn how to know when switching my diet just isn't enough, and identified other natural ways to keep me feeling great and manage day to day operations. This has been and continues to be a great experience and I highly recommend consulting with Amy about digestive complaints, cravings, fatigue, stress and "female" issues-in other words, if you want to feel better. "*

Karen Rucker, Current Client

*"Jessy was suffering from almost daily headaches and not able to control her weight in spite of a very active lifestyle and dance schedule. A few simple changes have kept headaches away and helped her maintain healthy weight and high energy. We are VERY grateful for all you have done in helping us with Jessy's migraines. You have truly been a blessing :)"*

Lea and Jessy Dawson, Current Clients

*"I have so much fun at Amy's cooking classes!"*

Nadyne Deary, Current Client