A NEW LAYER OF SUPPORT

You've already taken important steps. You're working with your provider, following your care plan, managing symptoms. This is about helping your body respond even better.

Together we'll calm the underlying inflammation that keeps your system on high alert, uncover lifestyle triggers that add to your load, and create small, sustainable shifts that make your allergy care go farther.



When your body finds balance, your treatments do more.

Ascent Wellness Coaching



ABOUT

Founded by Jennifer Alexander, Functional Medicine Certified Health Coach, Ascent Wellness Coaching helps adults with severe allergies and chronic inflammation build calm, resilient bodies that respond better to allergy care.

CONTACT FOR MORE INFO

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ASCENT WELLNESS COACHING



Allergy care that helps you go farther.

Tired of reacting? Feel clear, calm and confident again.



Even with shots, sprays, and medications, you might still deal with...

- Constant congestion & sinus pressure
- Fatigue and brain fog
- Flare-ups from foods or stress
- Swelling, skin irritation, headaches
- Reactions that don't make sense

It's not that your treatments aren't working. Sometimes, your body is too inflamed, too stressed, or too overloaded to respond the way it should.

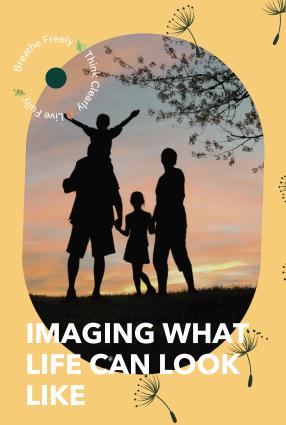
HOW COACHING HELPS

We work on the foundation so your medical care can do more.

- Understand your patterns
 Learn what's keeping your
 immune system on high alert:
 food triggers, stress, sleep,
 environment, or habits.
- O2 <u>Calm inflammation naturally</u>
 Make simple, science-based changes that reduce inflammation and support immune balance.
- Personalized guidance, accountability, and tools help you make lasting lifestyle changes without overwhelm.
- Work in partnership with your care team
 Everything complements your doctor's or allergist's plan. We enhance it, we don't replace it.



When the body is calm, the immune system can finally reset and your allergy care can do what it's meant to do.



- → Fewer flares and reactions
- More energy, clearer focus
- Feeling resilient not reactive
- Breathing freely, sleeping deeply, and enjoying your favorite spaces again

This is what we call Living Clear.

Your Next Step:

Ask your provider about Ascent Wellness Coaching or visit ascentwellnesscoaching.com to book your free clarity call.