

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.





WHY YOU FEEL STUCK

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.

- 01** Understand your patterns
Learn what's keeping your immune system on high alert: food triggers, stress, sleep, environment, or habits.
- 02** Calm inflammation naturally
Make simple, science-based changes that reduce inflammation and support immune balance.
- 03** Build supportive habits
Personalized guidance, accountability, and tools help you make lasting lifestyle changes without overwhelm.
- 04** 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.



IMAGING WHAT LIFE CAN LOOK LIKE

- ➔ 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.