



THE *Ripple*

EFFECT

FEBRUARY 2024

TURNING TIDES

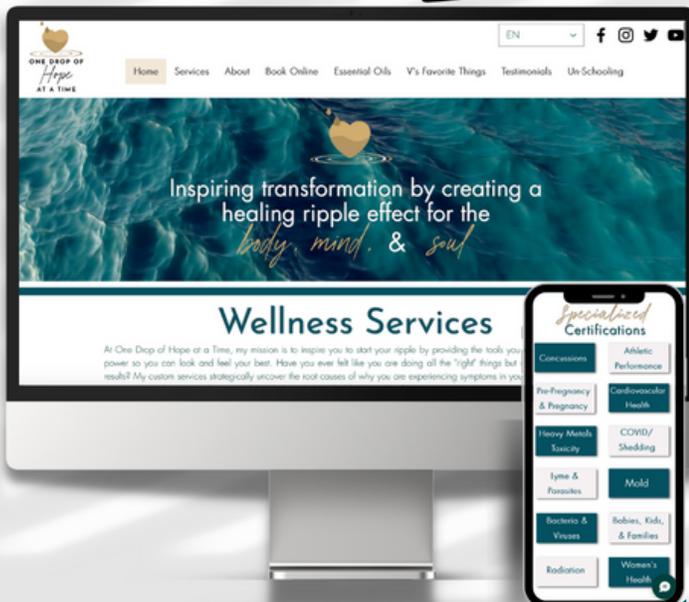
It's the beginning of 2024 and we've already been turning tides and making great waves of change this year at One Drop of Hope at a Time. To start we have...

- ✓ Created a New Logo Design
- ✓ Redesigned and Launched Our Website
- ✓ Enhanced the Online Scheduling Platform
- ✓ Developed a Podcast (coming this month) &
- ✓ Released our VERY first Newsletter!

Welcome to The Ripple Effect, a monthly newsletter where I'll be sharing my latest wellness tips, favorite brands, upcoming events, and much more! My aim is to make this newsletter your go-to resource for the latest news in the world of health and wellness. My ultimate goal is to inspire your wellness journey with "One Drop of Hope at" a Time!"


Vibu Nayeli

New Website *Launch!*



WWW.ONEDROPOFHOPEATATIME.COM

IN THE SPOTLIGHT

QUANTUM NUTRITION

Like chiropractic and acupuncture, there are many amazing natural health modalities changing lives. At One Drop of Hope at a Time, we offer Quantum Nutrition Testing to uncover the root cause of your symptoms so you can support them naturally and feel your best. Visit our site to learn more.

BODY REBALANCING

Our body systems are like instruments in an orchestra. When they are in tune, it creates a harmonious melody. Similarly, our systems need to be cleaned out and balanced to keep the body in harmony. Rebalancing cleans out stuck energies, to maintain emotional and physical well-being. Learn how we do this virtually on our site.

WEBSITE LAUNCH

We've had so much fun redesigning our website so it will be simple and easy to navigate, yet you'll find it full of useful information. Please check it out to learn about the services we offer and how you can sign up for a free consultation to learn more.

Sign- Up for our Newsletter



Our newsletter, The Ripple Effect, is rapidly expanding. Make sure to subscribe to it to receive exclusive offers, wellness tips, brand recommendations, and much more. The first 100 people who sign up will be contacted about receiving a free AO wellness scan as one of our founding 100 followers. Click the button below to sign up for free.

[Sign Up Now](#)

OILY TIP

Did you know essential oils are not actually oils? They come from a variety of parts of a plant such as the leaves, flower petals, and even the rind of fruits. Using them offers health benefits such as supporting the immune system, promoting sleep, reducing stress, maintaining healthy digestion and so much more!

HEALTH COACHING

Stress levels continue to rise. According to the *American Psychological Association*, "27 percent of Americans eat to manage stress." Between stress and a poor diet, this can lead to a variety of health conditions. On top of that, knowing what one "should" do is much simpler than changing our behavior. Health coaching shines light on each person's unique pathway to success as they cheer on along the way.

[Learn more](#)

PODCAST



FEATURING
VILU NAYELI

COMING
FEBRUARY 2024

PODCAST LAUNCH

'One Drop of Hope at a Time' is a podcast that delves into the world of holistic health. Through this podcast, we will explore the benefits of nourishing your body with whole foods, using homeopathic solutions, and therapeutic grade essential oils. You will also learn about detoxifying your body from harmful substances, including heavy metals and parasites, and breaking bad habits and toxic relationships.

We invite you to connect with us on Facebook, YouTube, and Rumble platforms to stay updated with our latest episodes. Our aim is to help you achieve wholesome living and empower yourself, your family, and our nation. We will also discuss healthy finances and share tips on how to empower your children through Un-schooling.

We will have special guests who are experts in their fields to guide us on this journey. Together, let's make our ripples count and create a legacy of well-being for generations to come.



WE ARE SOCIAL!

Connect with our like-minded community by clicking the LIVE icons!

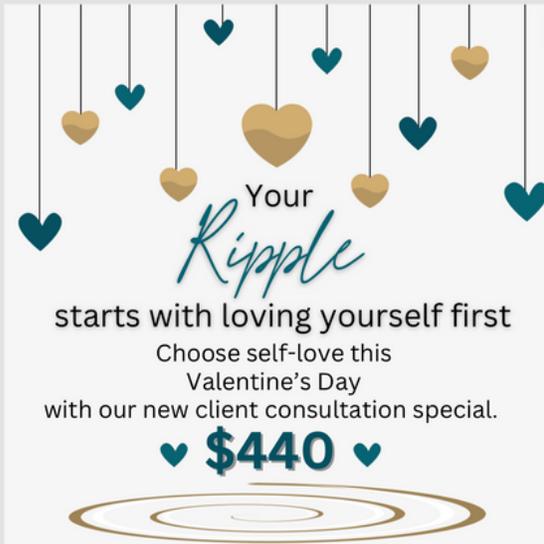


www.OneDropofHopeataTime.com

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“SELF-CARE IS GIVING THE WORLD THE BEST OF YOU, NOT WHAT IS LEFT OF YOU!”

-KATIE REED



Your
Ripple
starts with loving yourself first
Choose self-love this
Valentine's Day
with our new client consultation special.
♥ **\$440** ♥

SELF LOVE

February is the season of love, or in our world, it is the month we shine a light on the importance and value of self-love. Many of us are familiar with the principle that we must put on a safety mask on ourselves before we help others. Our own wellness is the same. In order for us to provide and support our family, our careers, and our passions, we must show ourselves love by taking care of our health. Sign up today for a consultation to identify the root cause of your unwanted symptoms so you can feel your best.

[Read More!](#)

MARK YOUR CALENDAR

FRIDAY, FEBRUARY 9TH

@ 6:30 PM PST/
10 PM EST

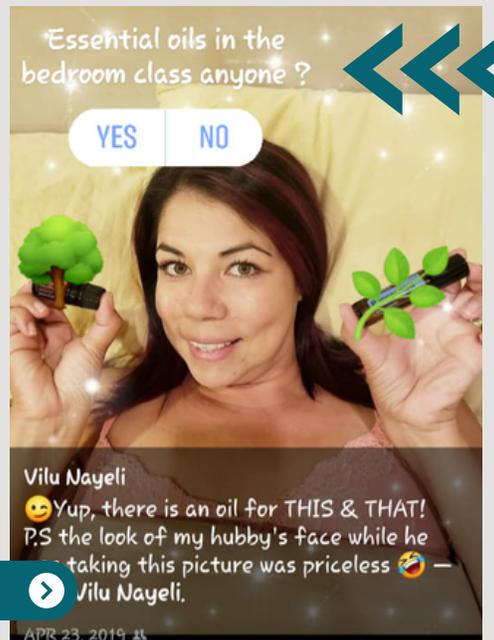
FEBRUARY 2024						
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25	26	27	28	29		

UPCOMING EVENT

Join me this Friday to take love in the bedroom to the next level. We'll share tips for...

- ✓ Why your Libido is being compromised and ways to amp up Libido in the bedroom
- ✓ How to become magnetic and create that important connection with your special person
- ✓ Using and applying essential oils for support and, of course, a bit of fun too!

[Zoom Link](#)



Essential oils in the bedroom class anyone? YES NO

Vilu Nayeli
😄 Yup, there is an oil for THIS & THAT! P.S the look of my hubby's face while he taking this picture was priceless 🤩 — Vilu Nayeli.

APR 23, 2019 11

5 Ways to Show Self-Love

- 1- Start a gratitude journal or jar to collect people, events, and things you are grateful for. Review them regularly to fill your bucket.
- 2- Speak to Yourself as you would speak to a friend. Be kind and understanding
- 3- Be mindful of who and what you listen to. Find upbeat and inspiring music, podcasts, and books that create positive emotions.
- 4- Do things that bring you joy whether that's getting involved in a hobby, walking the dog, cooking for pleasure, or getting outside.
- 5- Listen to your intuition. It is always speaking to you, and know when to say "no." If it doesn't feel right, then it is going to drain you rather than fill you up.



MOOD BOOSTING FOODS FOR THE BODY

Attention to all my friends who consider themselves emotional eaters. When you find yourself reaching for snacks or wanting to indulge in your feelings, consider trying some of these foods to nourish your body and uplift your soul:

- **Bananas** are known to boost dopamine and serotonin levels, which can have a positive impact on your overall mood.
- **Foods rich in calcium**, such as salmon, eggs, and avocados, can also increase serotonin levels and are great for brain function.
- **Antioxidant-rich foods** like pinto and kidney beans, blueberries, and raspberries can support dopamine levels and promote healthy emotions.
- **Nuts and seeds** are considered as brain food due to their healthy oils, which can help the brain think and rationalize more clearly.

V'S FAVORITE THINGS

Hi! My name is Erin Ward, and I am the Copy Write Girl! I help businesses connect with their audience by creating aligned messaging, building authority within their industry, and converting leads into happy consumers through website design, copywriting, Google ranking, social media, and more!

Here are 5 standout questions that indicate your business needs to level up its online presence.

Do you need help finding the words to set your business apart?

Are you looking to attract more customers?

Does it take you hours to develop content?

Is your website user-friendly and appears professional?

Is your website registered with Google and optimized for search engines?

You're the creative genius in your industry! Let me take something off your plate so you can continue to create magic in your wheelhouse.



Visit

www.TheCopyWriteGirl.com

to book a free consultation & audit

www.OneDropofHopeataTime.com



OneDropofHopeataTime@gmail.com