



Alicia Lewis, INHC, CYT

An Integrative Nutrition Wellness Coach, founder of Layers of Wellness & Certified Yoga Teacher. Alicia enjoys coaching her clients to help peel back the layers to find out what may be holding them back from living their best life: stress free and healthy. She understands what it feels like to not feel well. In 2015, three months after having her daughter Alicia started to feel achy. She was tired after getting 8 hrs of sleep. She was bloated, suffered from headaches, joint pain and brain fog plus stress, trying to balance work, relationship and motherhood. Alicia was misdiagnosed by a specialist stating that she had an autoimmune disease.

In 2018, Alicia went back to school and studied how to assess and heal herself by becoming an Integrative Nutrition Health Coach. Alicia works with her clients to get in touch with their body's needs because she understand that life happens and your needs will change. We work on what they want to improve within the circumstances of their unique situation. Alicia believes each person is fully capable of making well-informed decisions as their own expert, not he latest magazine article or fad diet book.

As a former educator with a BS from Millersville University, Alicia loves helping and guiding others to reach their goals. She is a wife & a mother of two. When I am not helping others, Alicia loves sitting in the sun and reading a really good book or listening to a well thought out podcast.

Layers of Wellness

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