

# Contact

Ingri's passion is to teach people about the miraculous healing properties of our own bodies. Her writing, classes and consultations reveal that, if given the proper nutrients, herbs, organic foods, exercise and detoxification regimes, the body will heal itself naturally. Ingri is also a patient rights advocate and has advocated for numerous patients while under allopathic care.

[Click here for a timeline of her skills and background.](#)

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