



MAUREEN PHIFER

Holistic Nutritionist

Natural Health & Wellness

Maureen Phifer is the Owner and Operator of Natural Health and Wellness. She is a Certified Nutritionist and Herbalist from North American Institute of Medicinal Herbalism School which has a clinic where advanced nutritionist's work residency in Boulder, Colorado. She is also a Certified Colon Hydrotherapist.

Maureen shares her beautiful self-sustaining farm in Parker, Colorado with her husband of 33 years, David. Growing vegetables and eating fresh eggs every day not only makes her feel a part of nature but gives her confidence knowing that the food is fresh and organic.

After having suffered a severe auto accident and getting hooked on pain medication the Doctors told her that there was nothing more they could do for her. She took her health into her own hands; explored and studied natural remedies to healing. By God's grace and many amazing healers not only did she heal without surgery and drugs, but today she says she feel better than she has in her entire life. She incorporates lifestyle changes along with nutrition and herbs to continue her journey to optimal health.

Maureen believes that by removing offending substances from our bodies and replenishing with nourishment along with a healthy lifestyle, our bodies will be naturally healthy.

