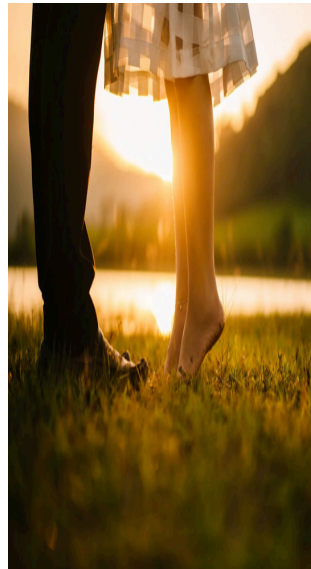


Joy Wisdom Trust



Services



Joy Wisdom Trust - investing in humanity's future health.

Supporting women and family's health with bespoke Body-Mind-Emotional needs.

'Get fit' for conception, pregnancy and prepare for birth.

Mental & Maternal psychological issues (PTSD/PPD anxiety, depression etc.)
Birth trauma; Children's behaviour issues. Parenting education and support packages.

A 12-point plan providing a new vision network of self-help, professional, corporate, individual,
parental comprehensive approach to education.

Combination approach with 'Therapy' solutions and functional medicine support programmes.

Joy Wisdom Trust A VOICE and PLATFORM for women's and children's health disorders. JWT a comprehensive approach with specialists waiting to help you.

Joy Wisdom Trust - comprehensive multifaceted approach investing in humanity's future health by providing education and understanding with bigger picture approaches to reduce mental health issues for families.

Professional and health providers' education highlighting birth implications.
Psycho-Somato (Body-Mind-Emotion) spotlighting long term health cause and effects.
Exposing behaviour and mental health associations from types of birth received.

A big agenda of inspirational programmes.

Empowering women's health prevention, new visions on avoidance in menstrual disorders.
Conception to maternity and pregnancy loss support with education programmes.

Supporting women and families with an integrated approach, whole Body-Mind-Emotional need.

Providing a new vision combination framework bespoke to the individual.
A network of self-help, prevention, educational support and therapy solutions for society.

Specialist Trauma education and method solutions

Trauma is more than discussion. For effective results a whole-body, specialist methods are applied, together with education for long term health improvements. Key for couples in maternity, pregnancy loss, IVF, Maternal mental health (PND, PTSD).

- Birth choice education, risks, prevention, preparation for birth packages.
- Birth impacts: Parental and Infant Birth Trauma solutions and corrections.
- New perceptions on associated trauma and mental health scenarios for children.
- How? Reasons for children's behaviour associated with birth and trauma.
- Education on behaviour disorders and parental support packages.

Menopause, Abuse scenarios, Mental health impacts in home and work environment

The magnitude of ripple effect on families when mother is unwell is astonishing! Requires better understanding and support for our women and children to a bigger degree. Education is key for professionals and society.

*Economically saving services millions and trillions!
We only know what we know until we know differently!*

Our Services

& 12-point plan

Who We Are

Our Roots

Our strength lies not only in the words we stand by, but most importantly in the actions of our initiatives. With Joy Wisdom Trust, you will find experienced compassionate staff committed to our common goal, to provide an holistic trauma support service for individuals and families.

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JWT offers paid and concession programmes of assistance.

Professional training, grants/donations help JWT to become self-sufficient and support low-income families providing FREE support.

We need your help - please donate -see website. A not-for-profit organisation your donations allow JWT to assist others in need. Paying it forward, to help others who are not so fortunate – women, children, families in need.

www.joywisdomtrust.org.

1 JWT goal is to provide effective education and clarity for professionals and couples.

JWT goal is to help reduce the merry-go-round cause and effect of suffering outcomes, to improve complex trauma outcomes for infant, mother, and family. *Trauma and birth trauma in today's birthing processes are ignored, seen as normal when from a JWT perspective ... abnormal.*

Professional education requires updating and JWT goal is to facilitate New Era education and learning and bring a new era of understanding to all areas of pregnancy, birth, and birth trauma outcomes.

No medic nor health provider wants a mother or child to suffer. The fact is our health administrators and health providers are being trained in outdated beliefs and misunderstandings, causing untold harm to our precious babies and their families. Society and health providers cannot continue to ignore the facts and outcomes that happen every day due to lack of education, around birth and birth trauma. This continues cause and effect in the area of maternal stress etc. with long term psychological health outcomes. Society is in crisis from practices at birth and live long term health disorders from misunderstandings from long ago.

Collective Trauma: Intergenerational impacts are misunderstood. Inherited cultural, social, and institutional trauma remains within society, multicultural providers, medic and health providers outlook, hospital protocols, government advisors etc. and are involved in health providers and societies approach. Their own cultural beliefs may be out of sync with today's advanced thinking and trauma appreciation.

Relationship Trauma: Dynamics change with birth and children. Strains within relationships can happen. Parents unprepared for a newborn can either strengthen or push apart/fracture close relationships and within families.

- 1) Already a sensitive time for parents and infant, dynamics can be impacted.
- 2) Parents own birth trauma impacts can be in the mix! - bringing unable to cope, with subconscious memories melded with birth trauma PPD (PND)/PTSD. A cocktail of insecurities and vulnerabilities within adults.

Understanding impacts of trauma and how it manifests as symptoms in brain, body and behaviours is essential. The continuance of birth impacts is related in many ways to type of birth chosen. Couples require informed choice, clear details to help prevent our children being impacted from birth and birth trauma. Education improves tragedies of birth trauma, and the magnitude is underestimated and happens daily.

JWT is paving the way by highlighting and bringing a platform of education offering effective support for families. Physical, emotional, and psychological compassionate long-term programmes of maternity care, birth (birth trauma), and maternal psychological health.

Improve planning, with effective preparation for success in pregnancy and birth.

Education and a multifaceted approach are the key for avoidance and prevention understanding.

Helping to prevent bigger picture and future health disorders with solutions for improved wellbeing for parents and infants.

See page 26 of brochure for more information – check out digital brochure link and website for more details.

2. Women's Health is a big subject.



It makes sense to support women, averaging half the population.

Flaws and misunderstanding exist around women's health. Women are frustrated, misunderstood, and have lived with poor physical and emotional support for decades.

The ripple effect of women's health is economically disastrous, traumatic to families and children. Cause and effect ripples globally.

JWT provides a platform of support, a compassionate ear, person centered guidance, education and promotes therapy support to help deliver better health and wellbeing for *all* the family.

Improving relationship dynamics, society stability, corporate and career improvements. Economically it makes huge sense with sound humanitarian objectives. Logic tells us look after women's health and children will fare much better too!

Women's health disorders, from puberty to menopause, are complex at times and it can be tricky to find understanding and support. There are many factors involved, and unique to each female. Hardship and economic challenges exist from menstrual factors. The fact is that the magnitude of menstrual health, infertility and pregnancy loss is misunderstood within society, by employers and health providers.

The elephant in the room: Government's survey on women's health in 2021 shows large gaps in wellbeing support and *proved medical misunderstanding continues around women's health*. The focus is fixed on science and clinical, with little understanding around menstrual and maternal emotional impacts. Cause and effect continue from institutional old thinking, with an urgent need for enlightened trauma and mental health education.

Data has proven that aftercare is ignored and there remains little understanding of the need for it! Missing critical points of information, women need more focus on prevention, avoidance, self-help. Learning after care provides faster recovery options from various dysfunctions lived. Helping to reduce ongoing health and mental health issues.

JWT has a platform to support with integrated combination approach for all types of health conditions, understanding the reality and depth of emotional trauma. Education, functional medicine, and hormonal alignment, help women to take charge of their wellbeing. Empowering women with wellbeing and self-esteem programs, hormonal education is essential to help avoid oestrogen dominance and products that mimic hormonal response biochemically, active internally. Hormonal disorders start early and can be unknown by the individual until disorders emerges to disrupt life and relationships. Early education is required to inform and prepare females of all ages.

Education is the key, professionally and individually. Misunderstanding exists in all quarters of society. JWT webinars, presentations, 1-2-1 table talk and therapy support brings an integrated approach. Understanding hormones, biochemical results, complex trauma together with functional medicine. Teaching how to correct, prevent and avoid various issues in women's health.

Understanding is key to reducing the cause-and-effect disorders plaguing society and our precious children today. JWT packages and support programmes help improve family dynamics, reduce health and mental health demands.

Economically, saves billions and trillions! Brings stability in women and children's health.

Social and economic improvements felt within society.

See more information on programme options on page 27.



2 Women's Health issues

Scenarios are unique to every woman.

Women's health is a big subject and covers a wide range of disorders - physical, emotional, psychological, and unseen hormonal dysfunctions.

Government survey 2021 showed that less than 1 in 5 have enough information on menstrual wellbeing. More than 4 in 5 (84%) said times when they (or the woman they had in mind) were not listened to by healthcare professionals. Top of the list was:

1. Gynaecological conditions (63%).
2. Fertility, pregnancy, pregnancy loss and postnatal support (55%)
3. Menopause (48%)
4. Menstrual health (47%)
5. Mental health (39%).

Women's menstrual disorders start early with puberty.

- 1) Hormonal imbalances are seen early in a female's life.
- 2) Heavy periods and painful cramps can lead to Anemia as an underlying issue.
- 3) Women's lives can revolve around period cycles resulting in 'under the duvet days' - missing school, college, and work on a regular basis.
- 4) Oestrogen dominance and hormonal imbalances are at the forefront of disorders. Genetic issues via generational inheritance include hormonal and menstrual issues. Infertility and miscarriage can run in families.

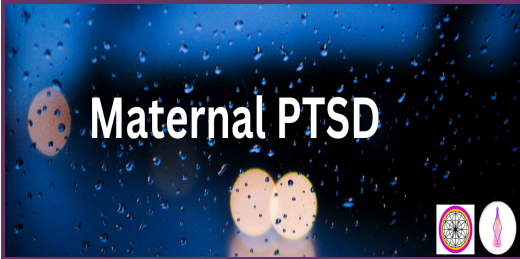
From an individual, public perspective a catalogue of misunderstandings exists from a health professional point of view. Survey sings loud and clear that women are not being supported.

There is no doubt economics and relationships can suffer from menstrual, maternity and menopause issues. Great challenges are a daily occurrence for a woman with menstrual issues. Psychologically wearing and emotionally and physically draining. Menstrual issues cause exhaustion, Anaemia and daily under par living.

There is a bigger picture to family dynamics when women's health issues are ongoing; and/or parental psychological/emotional health issues. Children suffer and become vulnerable when their parent is unwell, causing childhood traumas. The child's own sensitivities, anxiety, separation anxiety, psychological health issues and adverse trauma will be affected.

The ripple effect can be great when mum is out of order health-wise.

JWT has programmes and packages to help with menstrual issues and women's health disorders.



3. Maternal Health

Maternal Health is a direct emotional impact from maternity issues, IVF and pregnancy loss. Anxiety, stressful events and grief affects psychological outcomes. Adverse trauma from Birth trauma experiences etc. Causing short and long term mental health disorders. Essentially, a form of shock and complex trauma.

Trials and studies on maternal health outcomes have shown Post-natal depression (involved in pregnancy loss too) can go on for years after the event. Long term Post-partum depression is more common than society and professionals acknowledge. Underlying anxiety, Post Traumatic stress disorders and trauma can form from maternal health events.

Long term effects have shown family unit is affected from maternal health issues.

Infant or children are affected by their mothers psychological condition.

Trials have shown slower cognitive development for infants with mothers with PPD.

Lack of bonding with infant.

Family unity disruption and cohesion for all concerned. Psychological conditions ripples out to all members of the family including extended family, who are concerned and worried by their women.

The route of IVF can be long and challenging in outcome. Devastation after devastation, huge disappointment can be involved. Essentially, it could be years in the making and outcome. A big strain on couples, especially for the woman, whose hormonal state can be at burnout, long term strain on keeping it together, determined and driven emotionally. Many women reach emotional burnout and nothing more to give. And although success is received it is not the elation they are looking for. The experience taints the outcome, from overwhelm, exhausted with eight months to go. Worry persists with fear of loss again. The exhausted state brings its own challenges in birth complications etc.

It is challenging to be a mother with PPD or psychological maternal issues.

Hormonal disruption will be a factor and affect internal states. Low mood, disinterest and challenging to concentrate with anxiety, depression. Although we love our children interaction can be strained and detached. Complex trauma has been formed and need a specialist hand to help to guide out of the emotional state. The sooner the emotional fall out and overwhelm is released, hormonal imbalance states aligned the sooner the woman can return to normal and enjoy her pregnancy and birth event. Improve bonding and enjoy her beautiful baby and parent experience.

You don't have to live maternal stress, there are effective solutions to assist recovery.

Dissolve and Resolve Emotions (D.A.R.E) Therapy can help to dissolve the emotional build up, release trauma and help to correct hormonal and body system complexities. Programmes are available for pre/post conception. JWT offers 'Get ready for birth' education and therapy support packages and 1-2-1 person centred specialist Mind-Body-Emotion therapy.

4 Conception Infertility, Miscarriage, IVF



Maternity is a big part of a woman's life. Little assistance and understanding exists around conception and maternal stress. Media and universities have highlighted this to no avail.

Crisis exists for couples around Miscarriage and Pregnancy loss within society. Unfortunately, psychological long term health issues happen daily. IVF, the preferred intervention around conception, has a cause and effect and is psychologically demanding on relationships.

Couples don't know where to go for help, support, aftercare corrections and encouragement. It can be a long, lonely road for some couples to find answers and guidance.

JWT offers bespoke specialist help, packages, and programmes.

Complications in conception exist with known and unknown factors. A distressing time with maternal anxiety, depression, grief, and devastation often underestimated in conception and pregnancy loss for couples. Trauma from pregnancy loss is vastly misunderstood within society and professions. IVF brings its own distress and pressures and will contribute to further anxiety. Age-related factors such as, leaving it late to start a family brings more complications and risks.

JWT offers packages and programmes to help reduce trauma impacts from conception and pregnancy loss: Get fit for conception and pregnancy packages, supporting couples, helping to iron out complications, guiding through IVF and conception on to pregnancy.

Miscarriage impacts are greater than anticipated and couples need trauma specialist help to recover from their ordeal. Reducing stress and literally opening doors to more success.

Physically as well as biochemically, a woman's body needs to be realigned for success even through IVF. Logically processes have been started and, in some scenarios, gets stuck in a loop contributing to delay in success. Especially with IVF back-to-back processes, correction and realignment are required to bring processes to a new stage of development.

Tweaks in lifestyle changes, functional medicine, eliminating stress and trauma are all methods to help for a smoother outcome. Preparing the body for new life can take time, especially where conception is involved. For example, to change sperm and egg quality takes approximately 90 days to log improvements. Complications can be historical and genetically inherited. With specialist and bespoke assistance, improvements and changes happen with specialist guidance.

- 1) Sperm and egg dysfunctions, poor quality are all factors involved.
- 2) Women's pH (too acidic) internal environments kill off sperm.
- 3) Infection and bacteria are common factors involved in miscarriage and infertility.

Why JWT support programs are tailored to suit couples / individuals with bespoke long and short-term packages.

Let JWT specialist packages empower, and support... JWT can help you.

It makes sense to 'Get fit' for pregnancy, prepare to help prevent disappointments and pregnancy loss.

See brochure page 28 for programmes and packages of specialist support offered.

5. Pregnancy Loss and innovative 1-2-1 support



Pregnancy Loss is devastating and disappointing for the couple.

Although couples will be told to try again it may not be as easy as expected. The maturity of the couple may hinder success. Couples are leaving it longer to start a family and age is a factor in conception and pregnancy complications.

A couple need to get fit for pregnancy. A body MOT and investigation, alignment and/or correction is advised. Avoid the disappointment and ensure couple has had a lifestyle and body investigation first. A new prep for pregnancy is advised, before trying again. Some couples have high expectation of conceiving immediately, however various factors can be involved with under par body glitches as well as emotional factors, stress and anxiety outcomes around conception are all impacts that need to be factored into the bigger picture.

Essentially couples can put more effort into buying a new car than we do to prepare for conception. Where problems exist, IVF is the next step, although not guaranteed, disappointments can be ongoing.

With today's lifestyle, pressure and overwhelm living, one or both may need a body investigation. In most cases one or both may need a few adjustments to improve success. A woman's body may not be ready or out of sync for conception, especially if miscarriage has been experienced previously.

With rounds of IVF the body gets out of sync hormonally and conception processes can be out of alignment. Especially when more than one round of IVF is involved.

With miscarriage and pregnancy loss there are more factor to consider for a more direct route to conception assistance.

With the start of pregnancy many processes are started and not completed. This means, interruption in process may not have corrected properly. Not reset itself for further conception opportunities. In essence the body is stopped in limbo and can't correct itself.

1. Direct action is required for realignment of internal states, body and hormonal correction is required to bring back to starting line of conception.
2. A 1-2-1 Therapy option is fast and would only take 1-3 session to assist correction.
3. Dissolving internal strain, shock and trauma from body internal states.
4. Includes emotional release from devastation, shock and adverse trauma allowing a clearer pathway to success.

JWT are happy to arrange an individual or couple consultation with a JWT specialist team member to discuss further with you. Arrange a FREE 20 min appointment to find out more.

Let JWT specialist packages empower, and support... JWT can help you.

It makes sense to 'Get fit' for pregnancy, prepare to help prevent disappointments and pregnancy loss.

See brochure page 28 at the back of brochure for support programmes offered.

6. Maternal Depression, Anxiety, PTSD/PPD

Anxiety, depression can be factors in pregnancy. Indeed if a woman has gone through a miscarriage, conception disappointments, grief and underlying anxiety can follow through into pregnancy. Logically woman and partner can be worried or concerned about pregnancy going to full term. Causing maternal stress and overwhelm, underwhelm in pregnancy. IVF programmes are additional pressure factors presented in conception, causing exceptional pressure on both of the couple going through the IVF process. Economic worries are also a factor. Couples relationship can be negatively influenced by many factors in pregnancy. Adding to the situation and emotional trauma felt. Underlying PTSD, Post-natal depression/ Postpartum depression can be in the mix even when success and pregnancy begins.

Not all women feel maternal and/or enjoy pregnancy. Overwhelm can be a factor for some women when pregnant, they find it emotionally and physically challenging. Losing their shape, weight increase etc. can be worrying factors for some women. Various women have issues all through their pregnancy causing distress, worry and concern for both mother and baby that ripples to all of the family.

Even if a woman has been pregnant previously, each pregnancy and birth can be very different. Complications can happen at any age. Tiredness and exhaustion comes from over demands in a woman's life adding to anxiety and trauma.

Where emotional and psychological historical events have been lived, this can be accentuated in pregnancy. Especially if they feel under supported by partner family etc. Cultural and family expectation of pregnancy and woman's adaption to being pregnant is misunderstood in some cultural thinking. Not understanding the impacts and impressions that can be uncomfortable, causing anxiety and depressing to some women.

Abuse can be a factor and often starts in pregnancy, with partner not having enough attention etc. Jealous of infant or toddlers spotlight attention etc.

Some women find pregnancy daunting and anxious regarding unknown outcomes or not knowing what to expect, they can feel unprepared for the internal changes and some women feel nausea and sickness throughout. Pregnancy is seen as a normal process however, each woman will fair differently dependent upon the support, understanding and compassion given.

A lot of women feel ignored in pregnancy as they are expected to continue as normal. Fit everything in, job, home, children etc. with no adverse effects or contraindicators. Which is unsympathetic and unwarranted in this day and age. However still goes on even within health professional attitudes. Not getting the bigger picture and excessive demands upon a woman who is pregnant. And no wonder emotional impacts are felt. Hormonal stimulus in pregnancy can add to the emotional fallout and overwhelm for some women.

Specific help is required with a compassionate ear and heart felt understanding to a woman's plight in pregnancy. JWT specialist Pregnancy support and maternity packages are offered to help women during these uncertain times and emotional draining situations.

JWT Third trimester specialist guidance and prepare for birth programmes.

What to expect going home, prepare for baby and parenthood education.

Skeletal alignment for mother and baby after birth.

Emotional release from Birth Trauma for parents and baby.

7. Maternity & Birth, Birth Trauma

Big subjects and complex outcomes for some women. Age is a factor where areas of maternity need even greater support from a JWT perspective.



- 1) Maternity and women's health issues during pregnancy.
- 2) Exhaustion is a big factor in birth intervention.
- 3) Women need support throughout pregnancy especially in 3rd trimester to prevent pre-term birth and improve smoother birth options.
- 4) Little is understood of the contraindicators of what intervention brings long term to both mothers and infants.

JWT has identified concerns and developed pre and post maternity multifaceted structured support packages for maternity. Preparation of mother is key for a smooth labour process, especially in 3rd trimester when infants' demands are higher.

Third trimester is a surprise for most women as baby grows fast and puts on weight. Impacts on women's physicality, tiredness, and exhaustion increases, as mothers try to juggle demands of home, career, and family, while pregnant. The fact is there can be more risks to health in 3rd trimester especially to older women. JWT education is essential for professional providers and couples to understand the contraindicators of poor rest in 3rd trimester. *Helping to prevent pre-term birth in women is a goal of JWT.*

- 1) Individuals and health providers require a bigger picture understanding of the ripple effect from mothers' exhaustion and over tired situations.
- 2) Exhaustion logically includes intervention risks. Mother, worn out, not strong enough for natural delivery process. *Va, Va, Voom lost in birth delivery!*
- 3) In these situations, intervention will be imminent to prevent life *risk outcomes*.
- 4) Preparation for birth, knowledge and education helps women to avoid exhaustion. Improved bonding opportunities, from being prepared for labour, is a critical factor to avoid intervention. Today, little is observed or understood of the need of the mother before arrival, other than the check list of equipment for arrival and hospital check-ups.

No effective preparation is involved in pregnancy healthcare today. When used it can reduce suffering outcomes to both parent and infant. Reduce intervention and reduce health and psychological contraindicators for parent and infant/family.

There are many birth impacts, even from a natural birth process.

- 5) Shock impacts occur from fast and long births.
- 6) Essentially, modern-day birthing structures include elective C-Section. This may seem to be a good option for mothers, however not so great in the long term for infants! Most couples are not clear on what intervention and C-section will mean to them individually and impacts on infant.
- 7) Sadly, contraindicators will show later as infants grow.

Not realising the 'physical and psychological, biochemical kick starts' means the infant misses out on important internal automation programmes when C-Section used and/or intervention risk is involved. See page 28 for options available.



7. Many body-mind disorders have core links to birth and birth trauma.

JWT offers Birth Trauma packages: solutions for mother and infant recovery. Any kind of complex trauma requires specialist and whole-body methods for long term recovery.

Birth trauma is not acknowledged although exists in most birth processes. Maternal shock, trauma, PPD (PND) PTSD is involved and from a JWT perspective postpartum birth exhaustion is often mistaken for PPD(PND). Misunderstanding continues to exist around birth trauma and the long-term impacts directly received to mother and baby. Dad and family can also be suffering birth trauma from unexpected birth outcomes.

Unfortunately, physical, and psychological contraindicators are growing for infants and mothers from birth trauma, emergency sections and intervention. The contraindicators have been known for decades, yet on a society level, facts remain unknown. Health providers misunderstanding of emotional trauma and birth continues to cause serious long-term outcomes from birth trauma and unexpected intervention.

JWT 3rd trimester support helps to prevent and reduce intervention cause and effects: Mother has more time for herself with relaxation and improved body alignment, the opportunity for mother and infant to bond, prepare herself, receive factual birth planning, planning for going home, what to expect and to be prepared.

- 1) **Working too long:** Women's economic, home and career pressures can hinder pregnancy happiness. Women find themselves too weary to bond with infant in utero causing underlying tiredness, detachment, and overwhelm in pregnancy. Exhaustion before birth process hinders a smooth birth.
- 2) In first pregnancy, women can worry about labour and delivery as it is unknown territory or perhaps, they have had a traumatic birth and want to avoid a repeat. Planning for birth and going home, preparing self, knowing facts helps women to be more confident and relaxed about the event.
- 3) Improving infant birth process, allowing good bacteria to be picked up from birth canal. (Preventing colic and digestion issues.) Diet knowledge when breast feeding etc.
- 4) Allowing natural kickstart physical processes in birth for Infant. Infants own stress defence is provided and incorporated hormonally automatically in natural birth.
- 5) Supporting infants, reducing impacts psychologically with foetal natural birth process.

Helps to provide a good start for infants, improves bonding process for parent and infant.

- 6) **Birth trauma is released for mother, dad and infant.** Removes fractious sleep, less distress, helps relax baby.
- 7) **Reduces trauma impacts and anxiety from infant.** Helps prevent psychological disorders for infant/parent.
- 8) **Reduces stress, worry and anxiety as a new parent.** *Happy baby equals happy home.*
- 9) **Physical Realignment Programs** – Infant physical restructure from squashed utero positions, and birth processes; Mothers' maternity posture correction from pregnancy and labour.

JWT has a team of specialist trained individuals to help maternal and psychological issues from maternity.

With specialist dedicated listening skills, allows clients to be heard, understood and recovery acceleration.

Pregnancy tailored support and education programmes make a great difference to individuals while pregnant, reducing stress in maternity. Preparing and getting ready for birth is paramount for a smooth pregnancy experience.

See page 30 for programmes and packages available.



7. Birth Trauma

Little help for Dads either!

Obviously, dads and partners are also affected from maternity outcomes, pregnancy loss, Miscarriage grief, IVF, Still Birth devastation etc. An indirect trauma outcome can be involved and often impacts are delayed. Partners can feel out of their depth and rejected in birth process with the concern of losing both partner and infant in the mix.

Mother, infant and dad can be in shell shock and need effective specialist trauma care to help resolve.

- 1) PND and PTSD outcomes from adverse trauma are more common than recognised for parents and family apart from the direct impacts on infant/mother.
- 2) Dads/partners can mirror the trauma from partner and be affected by their own shock and adverse trauma living a double whammy of direct and indirect effects.
- 3) Requiring help as soon as possible to eliminate shock and trauma impacts.
- 4) Helping partners and dads to bond as a family, faster recovery enabling return to work, improving family dynamics.

Having a newborn can be challenging enough, relationship dynamics will change; leaving as a couple and returning as a family, when unprepared for the impacts of what a little bundle of joy can bring.

- 5) Stress and distress can hit hard. Some partners cannot cope with crying and distressed infants. JWT Structure helps and JWT going home package incorporates understanding around distress and relationship impacts.
- 6) Obviously, birth trauma can be a factor and it is best to have infants checked out. In fact, JWT would suggest this for parents too especially if coping is a problem.
- 7) The more relaxed the home environment is the better it is for the parent and infant. Bonding is more than the day of birth; it is a long-term contact process. The smoother we can make it in early days and months the less behaviour risks will be involved.

JWT advocates supporting mother in pregnancy to help improve pregnancy recovery times. Founder Joy is a specialist and expert on birth trauma, women's and children's health issues and brings her twenty years plus worth of experience and knowledge to incorporate into JWT support packages. See back of brochure for programme details.

From a JWT perspective with more education and couples knowing about preparation, reduction in intervention can be made. Intervention and long-term damage are underestimated, ignored and much could be prevented with specialist education. Check out the back of brochure for JWT programs, packages for 3rd trimester, pregnancy support packages, Birth & Birth trauma etc.

See brochure page 230 for support programs offered.



8. Menopause, Anxiety, Hormonal imbalances

Menopause is a fact of life for women. Government women's health survey showed: Less than 1 in 10 have enough information on menopause. Over 1 million have left their jobs due to menopause symptoms! Affecting economy with impacts of family poverty living.

Some women sail through menopause, feel liberation from this time of life. While others have the most challenging time of their lives, feeling ill throughout, lose confidence and suffer horrendous impacts from reduced hormonal support.

Data shows over a million women have left their jobs due to menopause, leaving them economically strapped. Relationships can suffer due to menopause symptoms. The issues physical, psychological, and emotional outcomes are detrimental for some women, and they feel as though the rug has been pulled.

Overall, society and health providers misunderstand the magnitude of menopause on women. Education is lacking. Much can be learnt around how to manage symptoms, avoid and prevent, be prepared for menopause and understanding how functional medicine can assist. Even when taking HRT problems can persist, why we need practical understanding and self-help education, to buffer the process, smoother outcomes.

There are various twists and turns on the journey of perimenopause and menopause. Weekly, monthly, and daily impacts may be felt, and correcting hormonal imbalances is just one of the many parts to the puzzle of menopause. Each surge or depletion is uniquely played by each woman.

Menopause is underestimated and the majority of women are unprepared and unaware of the full impacts of the three stages of menopause. There is no diary date as to when perimenopause will arrive, and symptoms are unique to each woman as biochemical and hormonal influences start to dwindle. Women are unprepared for the timeframes involved which can last up to and beyond 70 years of age.

The hormonal decline stops the protection hormones have given us since puberty and outcomes can make us prone to certain chronic disorders. Puberty, menstrual issues and underlying weakness is highlighted in every stage in menopause. Women who have lived exhaustion and flatlining lifestyles can be hit harder as back-up adrenals are meant to take up some of the decline in hormonal reduction. The body is a fascinating machine and women need to know more about how the body works biochemically.

JWT support programmes, packages and webinars on Menopause are a comprehensive training including functional medicine and lifestyle suggestions for change, learn how we can improve our diet to help reduce symptoms the natural way. Brain, hormonal and nervous systems are involved giving frazzled impacts to live.

Learn how to liberate self from menopause. Make the smoother choice to empower self.
Reduce symptoms gracefully and get your life back with JWT support packages and training.

See page 31 for programmes and package options.



8. Three stages of Menopause Perimenopause – Menopause – Elder Menopause

Three stages of menopause is mostly unknown. Under reported and no official education exists for women.

Many women believe Perimenopause is the full menopause, a few years and it is over! When in reality it is just the start of the process. Where women move into the 'full' Menopause and finally 'Elder' Menopause. The second and third stages can highlight chronic physical decline such as Stroke, Bone issues, Osteoporosis, and Breast Cancer.

Self-Care on the long road of menopause is essential, where women understand what is happening, prepared and far more experienced than we are today. Self-care can buffer the onset of symptoms, slow down the cause and effect, and education is essential to prevent and avoid elder menopause onset of physical disorders.

Compared to other maternal and menstrual issues, hormones affect all of us not just parts. And under par systems, dysfunctions will be spotlighted in hormonal decline. Menopause is a journey unique to each individual. And at each stage, the body needs to catch up with the hormonal decline, sometimes compared to going down a few floors at a time in a lift, with the bumps associated with the decline.

The more education the better from a JWT perspective.

We need women to understand How, Why and When. What can be put in place and what can we as women do for ourselves. Logically, best way is to prepare, educate and slow down the onset of complications and complex outcomes.

Education, and understanding is key to managing and taking control of the situation.

Don't wait for HRT for the quick fix (which may not fix at all). Fact is it does not suit all.

We are still in the process of understanding long term as far as HRT is concerned. Some women report various menopause symptoms persist (hot flushes and night sweats etc.) when they come off HRT in elder years some 20 years on HRT.

Essentially, the more knowledge a women receives, means she can support and enlighten herself, the easier the journey and outcome. Menopause is a big deal in many ways. Liberating and enjoying the liberation is key to our wellbeing of change of life.

Learn how to liberate self from menopause. Make the smoother choice to empower self.
Reduce symptoms gracefully and get your life back with JWT support packages and training.

See page 31 for programmes and package options.



9. Children's behaviour support programmes

Parental behaviour education and support

Unfortunately, all ages suffer with underlying birth trauma issues, PTSD from birth. ADHD and Hyperactivity has been with us for decades. Attachment disorders and clingy behaviour, abandonment, rejection, and lack of bonding underlying from birth trauma experiences are **exposed in toddler and teenage life**.

There is a lot to be desired in modern behaviour institutional thinking and parents are left to muddle through without guidance or education. Outcomes are a minefield for child and parents. Direct action is required to make change for the child, with educational enlightenment to society and health providers on all counts.

Children's behaviour has become black and white. A bigger picture perspective and approach is required for all the facts surrounding children's behaviour. Physical and psychological issues have a core impact of trauma from utero and type of birth experience. PTSD and anxiety results from early years' cause and effect continues.

- 1) Parents own trauma, PTSD and depression within the home environment can also be factors.
- 2) Children can feel abandoned and rejected from birth trauma.
- 3) Live underlying vulnerabilities and sensitivities, not feeling safe in the world.
- 4) Cognitively living on red alert and survival chaos and parents don't understand or know what to do.

Coping with a child who has trauma and behaviour issues is tough. Essentially, the child needs specialist help to correct outcomes. Parents require education to know the facts from birth trauma's cause and effect on body-mind-emotions. Learn preventative skills, and management protocols for a more relaxed home environment. Complex trauma resolution is more than understanding, it requires full body integration. A direct approach giving inside out results with long term advancement for the individual.

Children's negative behaviour is a mix of many factors, home environment and parents' emotional trauma. The elephant in the room exists with institutional thinking ignoring these facts. No bigger picture consideration or links to birth, or the condition and impacts of the mother while pregnant. Victims of behaviour issues extends far and wide outside of the family home, socially and within criminality.

Studies agree that stress, anxiety and unhappiness creates biological dominance in utero. Hormonal surges from mother to infant can mean that the infant is formed from stress etc. Brain pathways malfunction, less coping strategies etc.

ADHD has grown to excessive proportions.

No medical solutions exist, and it is controlled by medication. Studies have shown Hyperactivity dominance is formed within utero, causing hormonal and biochemical imbalances. Of course, the knock-on effect is felt by the infant and mother. Both can be suffering from underlying anxiety, depression and PTSD/PPD (PND) without understanding and affecting home life for all.

See page 32 for programmes and packages available for ADHD and behaviour issues/ education etc.



9. Neurological diversity

ADHD is prevalent in adults and children alike. Boys have been seen to suffer more than girls. However, girls do suffer hyperactivity and ADHD and ADD etc. Symptoms can be seen as mild with variations compared to males.

- 1) **Transference and intergenerational trauma.** DNA/ brain base lines are altered and passed down within families and lineages. Historical influences can make future generations more prone to hyperactivity and ADHD living. Especially with a formation combination of pregnancy birth trauma mixed with intergenerational trauma.
- 2) If the parent has ADHD, he/she will pass it on to their own children in varying degrees.
- 3) It can skip/jump generations with outcomes seen in grandchildren, great grandchildren, and future generations. Logic tells us without direct help, the symptoms continue, passed down the line getting worse with each generation.
- 4) Autism is another morphed variation from above. Grandchildren can be seen to develop traits of Autism and Asperger's from grand and great grandparents, ADHD and trauma lived.

Age is not a factor in ADHD. Victims do not grow out of ADHD. ADHD is also passed down from adult to infant.

- 1) **Mirroring parents' dominance.** Additions from mother's emotional state brings a double whammy of outcomes. Hormonal and frontal cortex dysfunction, upsetting the fine balance of Dopamine etc. and hormones and brain out of sync.
- 2) **Additionally, hyperactivity is involved in diet and lifestyle.** Over stimulated a child's mind runs at 100 miles an hour (often misunderstood as ADHD) but from parental lifestyle, diet, and parents competitive outlook etc.
- 3) **Children can have a 'naughty streak',** due to neglect, being underacknowledged, lack of attention and/or vulnerabilities.
- 4) **Shock and trauma involve clingy behaviour.** Introverted actions and withdrawal from birth trauma, lack of self-esteem and self-confidence, irrational fears, sleep deprivation and unable to relax.
- 5) **School and sibling, adult bullying and being picked on is traumatic.**
- 6) **Abuse,** cause and effect involves long term fear and terror remains in child's mind.
- 7) **Attachment disorder is involved with all the above.**

ADHD symptoms are clear. ADHD is not normal living yet is becoming the norm within society. Accepted with the rise of psychological long lists that are lived today and although we acknowledge and identify mental health outcomes, it does not make it right or acceptable within society. ADHD is unusual, with links to modern pregnancy and birth outcomes - modern medicine prefers medication. Stupification and suppression contraindicated, created from medication. From a JWT perspective turning our young children into drug addicts from a young age. *The fact is ADHD drugs do not cure the problem but add more.*

From a JWT perspective, misunderstanding exists in the full spectrum of children's behaviour missing critical facts that could reduce behaviour and ADHD symptoms. Medication is not enough. We need change in thinking and applications at birth and during pregnancy, to reduce head injury, pregnancy, and birth trauma.

Logic tells us this would bring correction in behaviour issues preventing mental health issues before they start! And where it can't be avoided, immediate action to correct as soon as possible, with specific trauma methodologies. Stopping the tide of mental health and precious children's suffering prevented.

Economically saving trillions daily on a global scale! Reducing social and society's ongoing costs in services and education. Pregnancy and birth are more important than we realise to get right! Modern day thinking is causing a lot of health issues for unborn and newborns! Difficulties in parenting and challenging outcomes within society!



9. Children's support programmes Parental behaviour education and support.

From a JWT perspective we need to deal with the core issue. JWT offers programmes of education and 1-2-1 therapy, functional medicine and lifestyle bespoke support to find the core issues.

- Birth trauma programmes to correct, body-mind-emotion, with specialist trauma methodology, including mind-emotion understanding and training.
- Supporting and educating families on behaviour issues, management, and prevention.
- By avoiding and ignoring facts, by the time children are in their teens they are out of control. Hormonally, birth trauma calls again in teens! A re-run of what has been lived before.

And so, it goes on! And society is paying the price for out-of-date institutional protocols.

Logic tells us if we can correct the core facts and impacts, heal the trauma, symptoms will abate. Slowing down the tide of mental health and behaviour issues, enabling less disruption in schools along with children more cognitively stable. Instead of living chaos from trauma and cognitive disability.

Education, services, and councils are drowning under the weight of ADHD and behaviour issues. Costs are escalating yearly. By correcting and slowing down the escalation, society and families would be in a better place with less of a drain on services and medical outlay.

- 1) Reduce the ongoing intergenerational impacts from families and lineage.
- 2) The child can eliminate ongoing trauma and chaos at an early age and stop the trauma outcomes from manifesting. Live a normal life instead of firefighting from societies institutional thinking.
- 3) ADHD has a ripple effect upon the whole family.
- 4) Fragments families, brings isolation to victim of disorder.
- 5) Rejection and abandonment, isolating living.
- 6) Victims are lonely and rarely understood.

A western world global issue. Society is to blame and an unjust situation allowing this to continue.

Parental and health providers' enlightened understanding and education regarding mothers' support in pregnancy. Understanding the full impact of shock, emotional and psychological manifestations produced from types of birth from hospital protocols. New thinking is required to include reality full impacts on infant and mother. Learning the magnitude of birth trauma is paramount to help bring a new approaches for children who are victims of behaviour issues through no fault of their own.

- 7) Avoid and prevent ADHD and hyperactivity outcomes, by supporting mother.
- 8) By improving mothers' anxiety and stress in pregnancy, we can reduce the outcomes to infant.
- 9) Wellbeing of the mother is paramount to reduce and prevent behavioural trauma outcomes.
- 10) Improving body-mind-emotional impacts to infant.
- 11) Improving parental support and reducing health demands and outcomes that are overwhelming for parents, carers, teachers, and society.
- 12) Improving long term health and bringing a new dynamic to family life.
- 13) Eliminate trauma and worry for parents.

Parental education brings a better understanding of complex trauma involved in children's behavioural issues. When removed family life changes to a more relaxed lifestyle.

We only know what we know until we know differently!



9. Children's support programmes The Economic gains are staggering

The economic savings are a non brainer with out of the box bigger thinking solutions and programmes . Trillions worldwide can be saved with new thinking and educational advancements. Removing zombie living brings more advancement for society. Less costs and stop firefighting.

As a society, parent, and grandparent it is our duty to rescue our precious children from such mental health atrocities and suffering. The long-term Mind-Body-Emotional psychological health outcomes can be reduced and over time eliminated.

Stop the ongoing ignorance. Reducing cognitive issues from society, from outdated institutional thinking. Bringing a new rationale for children's mental and physical health. We all benefit from enlightened change.

Professional and parental education is key for change to filter through for relief of both adults and children. Fractured family unit, parental stress and depression can be eradicated. Especially where birth trauma, intervention and mechanical cranium, cognitive factors are involved. Slowing down and stopping the continual impacts and womb formation being passed down through the ages.

All too good to be true well it is true.... We can reduce injustice to children and families. Reduce the enormous economic costs and permanent chaos and suffering for our children with NEW ERA approaches, person centered care and focus, instead of economically driven greed and apathy!

These injustices will be seen as an historical error and ignorance of our time! Avoidable and preventable.

Will you be able to say you pioneered new approaches, or were you apathetic to our children's needs and cries for help?



10. ECZEMA & Trauma

Individuals can become stuck in life as a result of birth trauma, the problems often following them into adulthood, undermining health, and psychological wellbeing.

- Lacking in self-confidence/esteem/worth, vulnerabilities and sensitivities exist from birth trauma.
- The list is long, and outcomes are fraught with emotions and underlying shock and PTSD/PPD.

Eczema is a skin complaint and treated topically, whereas from a JWT perspective birth formation and mothers' emotional condition are factors to be considered. We are aware stress and anxiety is involved with allergies. Diet and poor digestive functions are factors too. Together with trauma the body - mind - emotion outcomes can become a loop of distress.

- Children are not aware of the complications of allergies and Eczema. They live with torment daily.
- Family life is tainted with children with allergies and eczema.
- Children and adults live the distress and adverse trauma from their physical complaint.
- Allergies and Eczema (Dermatitis in adults) is a whole-body cause and effect and therefore requires a whole-body integrated approach to correct.
- Nervousness, irrational fears, and anxiety can come out of nowhere causing flareups.
- Children's lives are caught up in a loop of cause and effect and to stop the ongoing reaction and action. Core issues and causes need to be found to stop the groundhog-day living.

Professionals don't see the ongoing bigger picture or join the dots from birth and unfortunately contraindicators are not prevented in today's modern birth preferences.

*Joy, founder, has found various factors from Mothers' emotional state and grief in pregnancy linked to Eczema and writes her anecdotal finds with case studies in her book *Pregnancy & Birth a New Generation*. The integrated and functional medicine approach was the answer in these cases.*

When mother has grief in pregnancy logically it will affect the formation of the foetus. JWT has found that sadness and grief from personal loss, going into automatic grief can affect development of skin and layers of skin development for the infant, disrupting strength formation. Mothers' dehydration can also cause dryness in skin. Tissue formation is interrupted. Hormonally grief and sadness can produce a chemical and biochemical reactions for forming infant, physically and psychologically.

Living undermining outcomes that often show early days / weeks of birth. The trauma to skin outcomes is involved at different stages of formation. Mothers' own weakness in digestion, skin strength, allergies, and poor elimination processes (skin, kidneys, bladder, lymph, spleen, and digestion systems) are also factors to consider.

JWT has programmes and packages for reducing the symptoms of Eczema. Intergenerational influences of skin, anxiety and allergies run in families and require investigation as core issues can include a cocktail of influences.

See page 32 for programmes and package options

10. Allergies and good bacteria

Mothers' digestive good bacteria or not so good gut function is a factor in allergies. Dependent upon the mother's internal immunity and quality of digestive function. Fact is parents can live with inherited and self-induced weakened digestive and gut disorders. Outcomes will affect infants as weakened digestive and immunity is inherited, set from DNA mirrored base lines.

When this is the case, essentially, infants can miss out on picking up good bacteria from mum. Infant is meant to soak up automatically from birth canal activated in natural birth processes. And when breast feeding.

When intervention such as C-Section is involved, infants can miss out on the above process. Breast feeding helps to transfer immunity to infants. If this is omitted, then the double whammy occurs with automated bacteria and immunity processes missing for infant and starting out on the back foot with excretion processes.

Malabsorption can occur. Meaning good nutrition and vitamin, minerals, body's building blocks can't be absorbed. Cause and effect weaken digestive systems, becoming under par, reduces resistant processes for infant, system decline. Infant symptoms can include colic and/or poor excretion for infant...systems out of sync due to several factors.

- 1) Allergies, rashes, and poor digestion.
- 2) Aversion occurs around certain foods.
- 3) Causing further issues and disorders. Headaches and dehydration, poor appetite involved. Misery for toddler and infant.
- 4) Stress and anxiety make the condition worse.
- 5) Parental overwhelm and family restrictions remain with children and adult allergies.
- 6) Parental and lineage intergenerational digestive dysfunctions are factors, passed on to future generations. Innocent children inherit ancestral dysfunctions and parents' weakness.
- 7) The real cause and effect.

Infant and mother can benefit from taking part in JWT packages and programmes to correct out of sync systems and improve immunity and bacteria. Education is provided for parents and health providers to understand the issues that can follow certain birth options and parental gut imbalances etc.

- Mothers' poor bacteria can be improved before birth therefore giving the infant the opportunity of receiving an upshifted natural automation.
- Malabsorption and digestive issues can be corrected for infant and toddler/ adult, with functional and energetic medicine.
- Digestive issues can be complex, not black and white, many factors are involved with chronic and severe conditions.
- Poor digestive disorders can be remedied while pregnant with functional medicine*, without any harm to infant.

**** Functional medicine information:** Functional medicine investigates, whole body, lifestyle, diet and nutrition. Digestive dysfunctions, correcting issues with Hair Analysis and Tests for accurate internal states. To determine cause and effect of malabsorption. Vitamin and Mineral deficiencies will go on to causes underlying weakness in building blocks and systems. Correction is suggested with 1-2-1 therapy and supplement, vitamin, mineral combinations for correction.

See JWT programmes and package options at back of brochure page 32.

11. Parental support Programmes, Packages



Tailored to suit unique needs

Economically saving trillions daily on a global scale!
Reducing social and society's ongoing costs in services and education.
Modern day maternity thinking is causing a lot of health issues for unborn and newborns!
Reducing difficulties in parenting and challenging outcomes within society!

Parents struggle with children's behaviour issues and often left on their own to struggle through. Education is key for parents to understand more about their child's, or teen physical, mental and emotional trauma lived. Education is key and a small investment in time to enhance children's health and future.

Complex trauma and birth trauma is often underlying mental health issues, PTSD. By receiving a combination approach, children and parents find support with education, 1-2-1 therapy, functional medicine amendments and correction, many children are calmed down and emotions reduced.

A whole body and biological, hormonal assessment would to be required.

Parents understanding of biological and trauma events gives them a bigger picture of why, how and when.

Allowing compassion and management to take place in family unit. In some cases, siblings and parents need assistance too from the pressure and adverse trauma from 24/7 children's behaviour issues.

Receiving parental group education or 1-2-1 VIP attention, helps parents to understand about inherited traumas. Suggestions and tips on how to communicate, manage, and eradicate bad habits, understand the cause and effect of ADHD and behaviour anger and frustrations. They feel informed and empowered from programmes and packages.

New insights to understand their children's needs and expectations. Improving social and of family unit. Awareness of the continuing ripple effect upon siblings, parents and grandparents etc. JWT may suggest 1-2-1 therapy and education for the whole family to advance family unit. Step off ground hog day living. Reducing their personal stress, anxiety and perpetuation challenges. Whole family can benefit from JWT education and support programmes.

1. Learn how to successfully avoid, prevent and reduce behaviour and ADHD symptoms.
2. Understand more about birth and preparation for birth, how to avoid and prevent birth trauma and ADHD, behavioural long term issues. Logic tells us this would bring correction in behaviour issues preventing mental health issues before they start!
3. Understand more around transference and how dominance within lineage and cultures transfer to future generations.
4. Learn how to prevent and avoided. Using immediate action to correct as soon as possible, with specific trauma methodologies. Stopping the tide of mental health and precious children's suffering prevented.

Economically saving trillions daily on a global scale!
Reducing social and society's ongoing costs in services and education.
Modern day maternity thinking is causing a lot of health issues for unborn and newborns!
Reducing difficulties in parenting and challenging outcomes within society!
See page 33 for more information of support packages.

12. Health Professional, Couples, Individual



Programmes and packages

Professional and individual, couples' education, enlightenment inspirational light bulb realisations.

1. JWT offers consultation and comprehensive 1-2-1, table talk discussion.
2. A&P webinars, seminars and assessment bespoke person's needs.
3. Functional medicine (Diet, lifestyle, Nutritional facts investigated, Hair analysis and testing)
4. Trauma is a whole-body impact and needs whole body integrated 1-2-1 Therapy support for comprehensive health and wellbeing improvements.

Women's health is a big subject and covers a wide range of disorders, physical, emotional, psychological, and unseen hormonal dysfunctions. Scenarios are unique to every woman, with complex family outcomes. Empowering women with recovery programmes and packages. Improving self-esteem and 'OK to be you' personal growth training. There is no doubt that economics and relationships can suffer from menstrual, maternity and menopause issues. Great challenges are a daily occurrence for a woman with menstrual issues. Psychologically wearing and emotionally, physically draining. Menstrual issues cause exhaustion, Anaemia and daily under par living.

1. Family dynamics change with ongoing women's health issues.
2. Parental psychological/emotional health issues.
3. Children vulnerabilities and needs suffer when parent is unwell.
4. Causing childhood traumas. Child's own sensitivities, anxiety, separation anxiety, psychological health issues and adverse trauma will be affected. The ripple effect can be great when mum is out of order health wise.

Monthly maintenance programmes

Quarterly maintenance programmes

Regular appointment offers

Women's health Webinars

Webinars/ workshops

Oestrogen dominance webinars

Puberty menstrual issues

Bespoke 1-2-1 and education appointments

Women's menstrual disorders

Functional medicine - Diet and lifestyle changes

Understanding stress and women's health disorders

Natural approach to combat symptoms

Therapy to correct and align hormones

Understanding stress and health disorders

Avoid burn out and exhaustion

Reducing anxiety

Empowering women workshops and seminars

Webinars/ workshops

Self-worth and Self esteem

Empowering self – getting life back

See page 34 for more information.

JWT Support Programmes and Packages

Index of programmes and packages
Solutions, education with integrated whole-body approach
for lasting results.

Professional education and training

Programmes

Specific person centered and couples packages.
Conception, Birth and Maternal support programmes
Get ready for birth and 3rd trimester support.
Going home education – what to expect

Maternal psychological issues PTSD/PPD
Birth Trauma solutions

Kids health solutions and new approaches to mental health
Parental Support

Menopause
Self-Care in menopause

Webinars
Talks
Seminars
Empowering workshops

Book your FREE 20 min horizon call to find out more. info@joywisdomtrust.org

JWT goal is to provide effective education and clarity for all professions within society.

JWT goal is to help reduce the merry-go-round cause and effect of suffering outcomes, to improve complex trauma outcomes for infant, mother, and family. *Trauma and birth trauma in today's birthing processes are ignored, seen as normal when from a JWT perspective ...abnormal.*

Professional education requires updating and JWT goal is to facilitate 'New Era' education and learning. Bring a new era of understanding to all areas of pregnancy, birth, and birth trauma outcomes.

No medic or health provider wants a mother or child to suffer.

The fact is our health administrators and health providers are being trained in outdated beliefs and misunderstandings, causing untold harm to our precious babies and their families. Society and health providers can't go on ignoring the facts and outcomes that happen every day due to lack of education, around birth and birth trauma, continuing cause and effect maternal stress etc. with long term psychological health outcomes. Society is in crisis from practices at birth and live long term health disorders from misunderstanding from long ago.

JWT is paving the way highlighting and bringing a platform of education offering effective multifaceted support for families. Spotighting Utero and Birth trauma is a factor in children's and adults behaviour issues, underlying anxiety, stress and psychological disorders.

From a JWT perspective the only way forward is preventing. By supporting our women in Pregnancy, preparing for birth, improve health and reduce exhaustion in 3rd trimester. Preparing understanding the options we have to avoid and prevent Birth Trauma. Reducing impacts quickly if birth trauma does happen to prevent long term health disorders and stop the formation of mental health.

1. Physical, emotional, and psychological compassionate long-term programmes of maternity care, birth (birth trauma), and maternal psychological health.
2. Improve planning, with effective preparation for success in pregnancy and birth.
3. Education and a multifaceted approach are the key for avoidance and prevention understanding.
4. Helping to prevent bigger picture and future health disorders, solutions for improved wellbeing for parents and infant.

JWT Support Programmes and Packages

www.joywisdomtrust.org

Please contact if you would like specific help or cannot see listed.

JWT specialists are happy to offer specific bespoke options to individuals, couples, and professionals.



Index of programmes and packages JWT Support Programmes and Packages Solutions, education with integrated whole-body approach

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JWT offers paid and concession programmes of assistance.

Our goal is that professional training, grants/donations help JWT to become self-sufficient and support low-income families providing FREE support.

We need your help - Donations help to support low income families. A not-for-profit organisation your donations allow JWT to assist others in need. Paying it forward, to help others who are not so fortunate. Please spread the word. Any one you know who would benefit from our services.

Please contact if you would like specific help or cannot see your needs listed.

JWT specialists are happy to offer specific bespoke options to individuals, couples, and professionals.

info@joywisdomtrust.org

2. Women's Health

3. Maternal & Psychological Health

JWT goal is to provide education to empower women with recovery programmes and packages. Improving self-esteem and 'OK to be you' personal growth training. Spotighting the emotional impacts, ongoing biological cause and effect for females. From menstrual, conception, maternity and menopause issues.

Women's health is a big subject and covers a wide range of disorders, physical, emotional, psychological, with unseen hormonal dysfunctions. Scenarios are unique to every woman, with complex family outcomes.

JWT education, self-care support programmes and New Era 1-2-1 therapy approaches with programmes, packages, with *person centred* solutions for a range of female Mind-Body-Emotional health issues.

Menstrual issues : Teens and Women's menstrual disorders: 1-2-1 packages/ single appointments
Bespoke 1-2-1 therapy, hormonal & functional medicine investigation 6/8 week programme

Functional medicine - Diet and lifestyle changes

Hormonal alignment investigation and Therapy

Understanding stress and women's health disorders – Reduce stress, emotional release 1-2-1 therapy Skills and self-help to prevent and avoid cause and effect education.

Learn about natural approaches and methods to combat symptoms

Maternal psychological programmes and packages

Emotional release and hormonal correction

Reducing anxiety

Understanding stress and health disorders)

Avoid burn out and exhaustion)

6-8 week programme and therapy

6-8 week programme and therapy

1-2-1 appointments

1-2-1 Support programmes and webinars

Empowering women :

Self-esteem programmes

6-8 weekly

Psychological pain and life circumstances

6-10 weekly

Family Grief and Loss

6-10 weekly

Monthly maintenance programmes

Regular 1-2-1 appointment

Quarterly maintenance programmes

Regular 1-2-1 appointment

Group training online, workshops, seminars and webinars :

1. Empowering women workshops and seminars

Webinars, seminars, workshops

2. Menstrual issues – how to make change

Workshop training / pm options

3. Improve self-worth and self-esteem

Webinar pm options

4. How to communicate clearly - Communication acceleration.

Webinar/workshop pm training

5. Empowering self – getting life back

Workshop pm and weekend training

6. Enhance your Relationships

Workshop pm and weekend training

7. Women's health Webinars

Webinars/ workshops

8. Health disorders and Oestrogen dominance

Webinars pm options

9. Menopause Self Care and natural solutions

Webinars pm options

4&5. Conception to Pregnancy: IVF and miscarriage : Maternal stress

JWT offers packages and programmes to help reduce trauma impacts from conception, infertility and pregnancy loss. Supporting couples, helping to find complications, guiding through IVF and conception onto pregnancy. Age, leaving it late to start a family brings more complications and risks. Disappointments from pregnancy loss can be a journey to find the core issues involved.

It makes sense to 'Get fit' for pregnancy, prepare to help prevent disappointments and pregnancy loss.

Get fit for pregnancy bespoke packages

1 to 6 months

Conception and preparing body for new life can take time, especially where conception is involved. For example, to change sperm and egg quality takes approximately 90-days to log improvements. Complications can be historical and genetically inherited, with specialist and bespoke assistance improvements and changes happen with specialist guidance.

Miscarriage, IVF support packages for individuals and couples

1-3 to 6 month rolling package

Get fit for conception - Lifestyle and maternity preparation individual/couples:	3-4-month rolling package
Pregnancy loss, Miscarriage programmes individuals/couples	6-10 weekly
IVF – individuals and couples support programme	6-10 weekly
Maternal trauma PND/PTSD	8-12 weekly
Maternal depression and anxiety	4-8 weekly
Self-esteem programmes	6-8 weekly
Psychological pain and life circumstances	6-10 weekly
Family Grief and Loss	6-10 weekly

IVF brings its own pressures and trauma for couples

Bespoke IVF support programmes

A woman's body can get hung up on maternity processes started and not completed. Especially with IVF back-to-back processes. Correction and realignment of hormonal states and hormonal burnout is required to bring processes to a new stage of development.

Maternal Trauma:

4 - 12 weeks

Trauma is a whole-body impact and requires whole-body specialist methods to help individual and couple's complex trauma and devastation 1-2-1 therapy options, table talk discussions.

Webinar fertility and pregnancy loss.

Compassionate person-centred therapy and guidance

Functional medication and lifestyle guidance.

Empowering couples, giving anatomy and bigger picture understanding.

Males' complex trauma programmes 1-2-1 therapy options

4-12 weeks

JWT support programmes are tailored to suit couple/ individual.

Bespoke long- and short-term packages.

Let JWT specialist packages empower, and support... JWT can help you. See page 8 for more information.

7. Maternity support and birth programmes

3rd Trimester support

Mother and Baby realignment : Birth trauma solutions

Many aspects of health issues occur during pregnancy and are unique to every woman.

3rd trimester can be a more demanding time upon the mother's health and psychological impacts as infant growth spurt occurs. Preparing for birth is essential for smoother labour options. Parenting awareness.

JWT offers physical and emotional support throughout pregnancy.

1-2-1 discussion: Functional medicine: Relaxation programmes: 1-2-1 therapy options.

Maternity pre and post support packages (Individual and full programme options).

3rd trimester 'Get fit' for birth bespoke packages

3 – 6-month support programme

Get fit for labour. Help mother prepare herself for birth. Relaxation programmes bond with baby:

Reduce exhaustion and tiredness (contraindicators with possible risks for intervention).

Available as full bespoke programme.

- 1) Factual education for parents and preparation to reduce trauma impacts from birth and birth trauma. Learn how to prevent health and wellbeing issues for mother and baby.
- 2) Skeletal and pelvis alignment before birth.
- 3) Mother and baby bonding – relaxation.
- 4) Education on birth choices and possible contraindicators.
- 5) Hypnobirthing.
- 6) Reflexology.

After birth support programmes and packages

- | | |
|---|--------------|
| 7) Mother and baby skeletal realignment after birth | 4-6 session |
| 8) Birth Trauma – Mother, Baby / Dad | 4-6 weekly |
| 9) Women's realignment from pregnancy | 4-6 weekly |
| 10) Baby's realignment from Utero | 2-3 sessions |
| 11) Baby's Colic and fractious sleep | 2-4 sessions |

Birth Trauma and post pregnancy support

- | | |
|---|--------------|
| 1) Birth trauma specialist therapy 1-2-1 for parents and infant | 2-4 sessions |
| 2) Baby's realignment from Utero | 2-3 sessions |
| 3) Baby birth trauma emotional release corrections. | 2-4 sessions |
| 4) Women's realignment from pregnancy | 4-6 weekly |

Help muscles and abdominal muscles back to realignment from pregnancy.

Going home preparation - Parenting and home expectations

Webinar and 1-2-1 table talk

See page for more information

6 & 7. Birth trauma and Birth impacts.

A fractious, traumatised baby is not a good start to life. Parents are out of their depth to know why or how to correct. Natural and intervention births are factors for birth trauma. Logically effecting infant and parents. *Birth trauma is misunderstood, and little is offered on the cause and effects that can follow from birth trauma complications. Professional training programmes available.*

JWT offers tailored programmes and packages for infant/parent birth trauma and birth impacts.

JWT 1-2-1 specialist trauma solutions, educational understanding, table talk and webinars. Understanding trauma with solutions for infant, mother and partners.

1) 3rd trimester 'Get fit' for birth bespoke packages

Includes 'Get fit' for labour.

Help mother prepare herself for birth. Relaxation programmes bond with baby:

2) Parenting and going home expectations

3) Birth trauma check and 1-2-1 therapy for baby

4) Birth Trauma – Mother, Baby / Dad

5) Women's realignment from pregnancy

6) Baby's realignment from utero

7) Baby birth trauma corrections.

8) Baby's Colic and fractious sleep

2–3-month support programme

webinars and 1-2-1 table talk

= 3-4 weekly

= 4-6 weekly

= 4-6 weekly

= 2-3 sessions

= 2-4 sessions

= 2-4 sessions

Maternal Trauma bespoke individual and family programmes

= 4- 12 weekly

Trauma is a whole-body impact and requires whole body specialist methods to help Individual, couple's complex trauma: PTSD/PPD (PND).

- 1-2-1 therapy options, table talk discussions.
- Education understanding complexities of trauma
- Compassionate person centred 1-2-1 therapy and table talk guidance
- Functional medication improving recovery

Mother/parents trauma impact solutions, education and therapy.

5) Maternal trauma PND/PTSD

= 8 -12 weekly

6) Maternal depression and anxiety

= 4 -12 weekly

7) Males' complex trauma programmes

= 6-10 weekly

8) Empowering and Self-esteem programmes

= 6-8 weekly

9) Psychological pain and life circumstances

= 6-10 weekly

10) Family Grief and Loss

= 6-10 weekly

11) Empowering couples, bigger picture understanding.

Webinar and 1-2-1 discussion

See page 7-9 for more information – check out digital brochure link on back page.

8. Menopause programmes

Empowering women in menopause; Menopause Education: practical management, understanding outcomes, 'How To' solutions. Menopause is a long-standing condition and a big part of a woman's life. JWT, offers consultation and 1-2-1 discussion for bespoke person's needs. 1-2-1 Therapy support for comprehensive health and wellbeing improvements. Comprehensive educational webinars and seminars.

Menopause programmes

Peri- Menopause Webinars

6-12 week package

Diet and lifestyle changes
Understanding hormonal decline and menopause
Natural approach to combat menopause symptoms
Functional and energetic medicine
1-2-1 Therapy to correct and align hormones

Menopause and post menopause webinars

6-10 week package

Women can suffer many chronic changes to health at this stage. *Women think after perimenopause it is over... there can be at least 15-20 years where decline continues with symptoms and health issues follow. Women in their 70's can still be suffering from hormonal decline. Education and understanding helps to prevent.*

Avoid and prevent - Functional medicine - Diet and lifestyle changes
Hormonal Trauma and Menopause
Natural approach to combat menopause symptoms
1-2-1 Therapy to correct and align hormones

Monthly maintenance programmes

Quarterly maintenance programmes

Regular appointment offers

Parenting with menopause

6-8 week programme

Understanding stress and menopause
Reducing anxiety
Avoid burn-out

Empowering women workshops and seminars

Webinars/ workshops

Self-worth and Self esteem
Empowering self – getting life back
To book your appointment and programme contact Joy Wisdom Trust

[See page 14/15 for more information or check out digital brochure link on back page.](#)

9/10.Children's behaviour and allergies

Individuals can become stuck in life as a result of birth trauma, the problems often following them into adulthood, undermining health, and psychological wellbeing.

- Lacking in self-confidence/esteem/worth, vulnerabilities and sensitivities exist from birth trauma.
- The list is long, and outcomes are fraught with emotions and underlying shock and PTSD/PPD.
- Physical and psychological impacts have a long arm and are present from type of birth and birth trauma.

JWT offers parental and professional education regarding birth trauma, traumatic birth impacts to head can be involved. Stress of mother and behaviour issue outcome links have been proved. Mothers' emotional state is a factor to consider in both behaviour and cognitive, allergies and skin issues.

Eczema - birth formation and mothers' emotional condition are factors to be considered. We are aware stress and anxiety is involved with person's allergies. Allergies and Eczema are also factors from mother's maternal state. Mothers' own good immunity and bacteria, or not so good digestive issues, are transferred to infant. Diet and poor digestive functions are factors too. Trauma held becomes a body - mind - emotion outcome, become a loop of distress. It is breaking the loop of distress and impacts and merry go around living.

Education – bigger picture understanding from intergenerational health issues.

JWT offers consultation and comprehensive 1-2-1, discussion and assessment of bespoke person's needs. 1-2-1 Therapy support for comprehensive health and wellbeing improvements.

A&P webinars, seminars table talk discussion. Professional programmes available.

Tailored Programmes and packages for Eczema and Allergies

- 1) Complex trauma and birth impacts – Eczema and allergies 1-3 months
- 2) Trauma and skin education.
- 3) Intergenerational absorption from mother/ parents and integrated trauma outcomes.
- 4) Malabsorption
- 5) Allergy testing and hair analysis

Infants digestive and feeding corrections 2-4 weekly

- 6) Stomach acid and bacteria rebalancing
- 7) Parental Digestive investigations and suggested functional medicine to correct.

Adverse Trauma and behaviour issues 6-8 weekly

- 8) ADHD and hyperactivity programmes = 8-10 weekly
- 9) ADHD / cognitive behaviour issues = 8-10 weekly
- 10) Lifestyle and diet: reducing hyperactivity = 2-4 weekly
- 11) Anxiety and Sleep issues = 6-8 weekly
- 12) Child Depression = 6-8 weekly
- 13) Attachment disorder = 8-12 weekly
- 14) Bed wetting = 4-8 weekly
- 15) Functional / energetic medicine 1-2-1 and webinar

See pages 16-20 for further information



11. Parental support and behaviours

JWT offers a New ERA cutting edge comprehensive approach in education and fact-finding data for professional, health care providers, care groups, parents, education providers and individual.

Many factors are involved and unique to each child and family situation. Children and adult trauma are misunderstood. Parents and professionals' lack of trauma understanding is part of the overall problem and new era education is required to help children who have inherited issues through no fault of their own. Unjust cause and effect situations do exist resulting in behaviour and complex trauma outcomes.

Parental guidance and education management programmes on adverse trauma, behaviour issues and health outcomes affecting children. Birth impacts and birth trauma are involved with underlying hidden PTSD and PPD (PND) aspects at play. Trauma in pregnancy, abuse, domestic violence and trauma, depression in the home are factors. Cognitive underdevelopment and poor cognitive response are factors from foetal development. Mother's maternal stress, PPD (PND)/PTSD involvement. Logic implies that infant will be affected in many ways.

Educational and management programmes for parents, professionals and care authorities.

Health and wellbeing programmes for parent and carers. 6-8 & 12 weekly

Behaviour issues cause and effect : 6-8 weekly

Bespoke parental education – webinar and 1-2-1 group discussion 6-8 & 12 weekly

- 1 Group webinars/ seminars on children's behaviour.
- 2 Bespoke behaviour table talk discussions.
- 3 Parental self-esteem and empowerment workshops
- 4 1-2-1 discussion and parent 1-2-1 therapy may be suggested.
- 5 Group support

Additional options
Additional options

Individual child bespoke behaviour combination approach and consultation. 6 – 12 weeks

Functional medicine and therapy packages. Spotlight hidden causes of children's adverse trauma, depression, and behaviour issues. Solutions, lifestyle, diet suggestions. Relaxation packages.

- 1. ADHD, Hyperactivity. 6 - 12 weeks
- 2. Allergies, Eczema, Asthma. 6 - 16 weeks
- 3. Anorexia and diet issues. 6 - 16 weeks
- 4. Attachment disorders. 6 - 12 weeks
- 5. Addiction and trauma. 6 - 16 weeks
- 6. Depression and anxiety. 6 - 10 weeks
- 7. Foetal Alcohol Syndrome. 6 - 8 weeks
- 8. Health and wellbeing issues. 6 – 12 weeks
- 9. Suicide and Schizophrenia. 3 – 6 months
- 10. Sleep deprivation. Bed wetting. 4 - 8 weeks
- 11. Transference, genetic inheritance passed onto future generations: Webinars/seminars/table talk.

[See pages 18-22 for more information.](#)

[Book your program and/or appointment - see website for details or arrange appointment with a direct call](#)

12. Health Professional, Couples, Individual Programmes and packages

Professional and individual, couples' education, enlightenment inspirational light bulb realisations.

1. JWT offers consultation and comprehensive 1-2-1, table talk discussion.
2. A&P webinars, seminars and assessment bespoke person's needs.
3. Functional medicine (Diet, lifestyle, Nutritional facts investigated, Hair analysis and testing)
4. Trauma is a whole-body impact and needs whole body integrated 1-2-1 Therapy support for comprehensive health and wellbeing improvements.

Women's health is a big subject and covers a wide range of disorders, physical, emotional, psychological, and unseen hormonal dysfunctions. Scenarios are unique to every woman, with complex family outcomes. Empowering women with recovery programmes and packages. Improving self-esteem and 'OK to be you' personal growth training. There is no doubt that economics and relationships can suffer from menstrual, maternity and menopause issues. Great challenges are a daily occurrence for a woman with menstrual issues. Psychologically wearing and emotionally, physically draining. Menstrual issues cause exhaustion, Anaemia and daily under par living.

5. Family dynamics change with ongoing women's health issues. Ripple effect is enormous. Learn how to prevent and avoid with education and guidance.
6. Parental psychological/emotional health issues.
7. Children vulnerabilities and needs suffer when parent is unwell.
8. Causing childhood traumas. Child's own sensitivities, anxiety, separation anxiety, psychological health issues and adverse trauma will be affected. The ripple effect can be great when mum is out of order health wise.

Monthly maintenance programmes

Quarterly maintenance programmes

Regular appointment offers

Women's health Webinars

Webinars/ workshops

Oestrogen dominance webinars

Puberty menstrual issues

Bespoke 1-2-1 and education appointments

Women's menstrual disorders

Functional medicine - Diet and lifestyle changes

Understanding stress and women's health disorders

Natural approach to combat symptoms

Therapy to correct and align hormones

Understanding stress and health disorders

Avoid burn out and exhaustion

Reducing anxiety

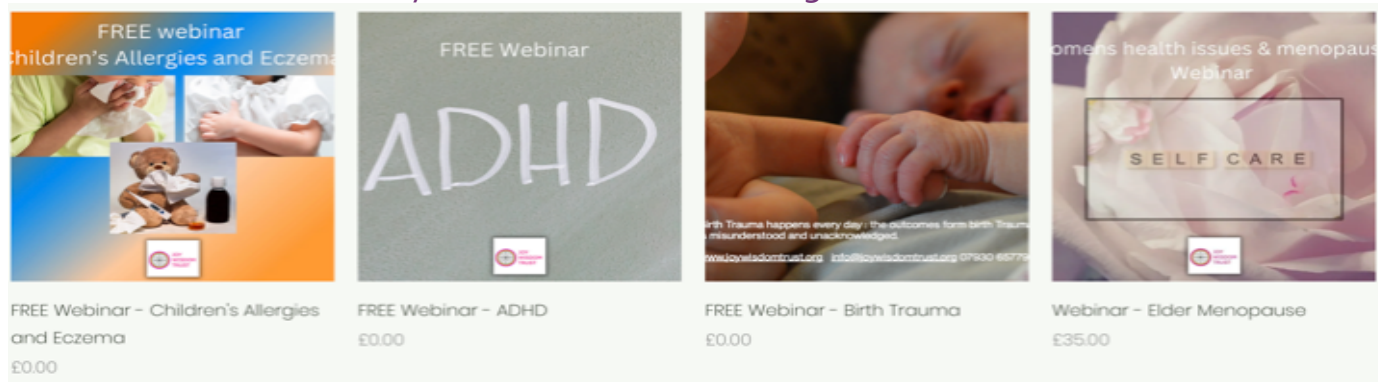
Empowering women workshops and seminars

Webinars/ workshops

Self-worth and Self esteem

Empowering self – getting life back

Joy wisdom Trust Video & digital brochure



YouTube videos (quite easy to navigate & find all the videos) All videos on web www.joywisdomtrust.org (You Tube) <https://www.allonus.co.uk/videos/>

Download digital brochure information

<https://www.youtube.com/playlist?list=PLFoy3cGFgvXi7DaMkF7mK6cyysrZthgaY>

JWT Launch - <https://www.youtube.com/watch?v=YgBytoX1cUI&t=2s>

Short JWT Launch/introduction video - <https://youtu.be/thHJ6guPios>

The Truth about Birth Trauma, Allergies and Jabs, (Women's Health, Pregnancy & birth) -

<https://youtu.be/XZ6iKgsWWGI>

How Women's Abuse affect New Generations and What Can Be Done About It -

<https://youtu.be/ogGL49QSChw>

JWT and Miscarriage - <https://youtu.be/bZjTnR-pVjk>

(JWT) Miscarriage & case study - <https://youtu.be/QMz8leCng3k>

JWT & Conception - <https://youtu.be/UGuK5yWC2eg>

Abuse interview 2014. <https://www.youtube.com/watch?v=ogGL49QSChw&t=1645s>

Abuse and Health Disorders - JWT & Abuse - <https://youtu.be/gZ6fqzKFU28>

(JWT) Abuse shortening lifespan - <https://youtu.be/GsoOdQZQIq8>

Abuse Anxiety & Gut - <https://youtu.be/-ZcgzNnU8WU>

Anxiety and digestive issues - <https://youtu.be/nTkDA9otmug>

Post Natal Depression - <https://youtu.be/J9gW8WdXo3Q>

(JWT) PTSD PND - <https://youtu.be/oLTF3CrOtdk>

Mental Health and Depression new approaches - https://youtu.be/ffK_8NCXxAA

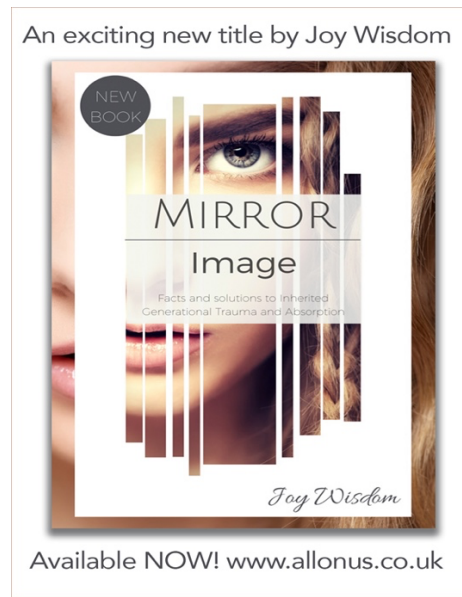
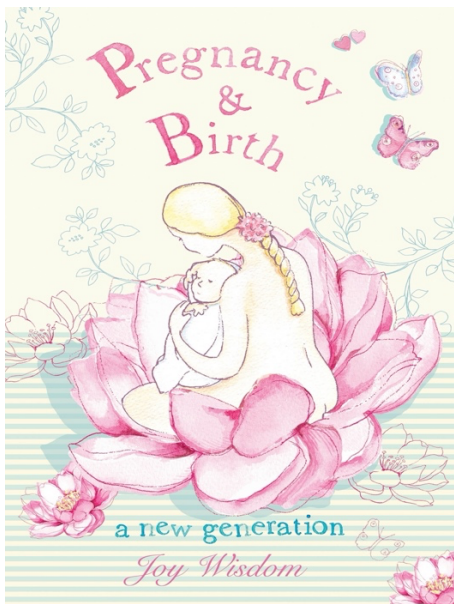
Mental health - <https://www.youtube.com/watch?v=eWN87xDly94&t=53s>

Book Pregnancy Birth And New Generation FREE download introduction

<https://youtu.be/jqsYM2IUTaA>

Book Mirror Image - Mirror Image - recording of introduction. [MirrorImageIntro.m4a](#)

Download Link: <https://allonus.co.uk/a/downloads/-/658b924893796f4c/ac440b3a5093305c>



Download FREE audio book introductions www.joywisdomtrust.org

ADHD chapter download

Allergies and Eczema chapter download

Birth and Birth Trauma chapter download

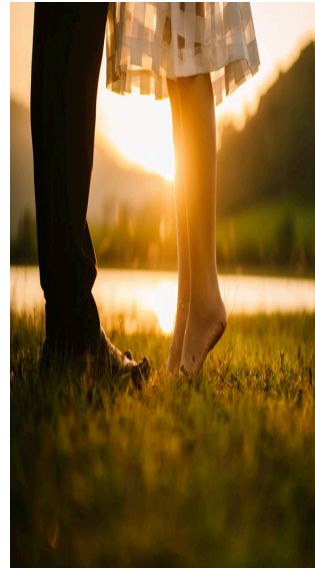
Download FREE digital brochure for more information.

<https://www.youtube.com/playlist?list=PLFoy3cGFgvXi7DaMkF7mK6cyysrZthgaY>

JOY WISDOM TRUST

Supporting Body - Mind - Emotions	Maternity issues PND/PTSD/Anxiety/Depression Infertility Miscarriage
Humanitarian programmes	Abuse deprivation and traumas Domestic violence Abuse Body-Mind health outcomes
New Era in health care	Pioneering for a healthier society
Compassionate	
Caring	
Listening	

Joy Wisdom Trust



Articles, blogs, videos, education, 1-2-1 Therapy: "New Era" out of the box solutions to all sorts of health disorders. Conception to Menopause. Empowering Women programmes, self-care guidance and support.

Individual, couples, community, professional education packages.

Maternal health: Maternal anxiety, depression, PTSD, PPD, Mind-Body-Emotion whole-body solutions.

Couples guidance, get fit for pregnancy. Get ready for Birth, 3rd Trimester support avoid exhaustion.

What is involved, what it takes to become a good parent.

Birth and coming home what to expect! Solutions to Birth trauma for parent and infant.

JWT teams specialising in women's and children's Health issues.

Person centered trauma support and happy to help.

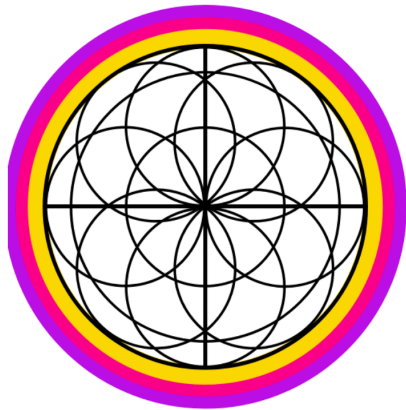
Book your FREE consultation to find out more.

www.joywisdomtrust.org

info@joywisdomtrust.org

Contact JWT: 07930 657790/ 01691718698

Founder Joy Wisdom



JOY WISDOM TRUST

New Era in health care

Compassionate

Caring

Listening

Humanitarian
programmes

www.lovwisdomtrust.org

Who We Are

Our Roots

Our strength lies not only in the words we stand by, but most importantly in the actions of our initiatives. With Joy Wisdom Trust, you will find experienced compassionate staff committed to our common goal, to provide an holistic trauma support service for individuals and families.

JWT teams specialising in women's and children's Health issues.
Person cantered trauma support and happy to help.
Book your FREE consultation to find out more.

www.joywisdomtrust.org info@joywisdomtrust.org

Contact JWT: 07930 657790/ 01691718698