

Isadora Tavens, Practical Nurse~Herbalist Flower Essence Practitioner

Isadora brings compassion and intuitive light to support the path of those seeking true wellness on all levels. An internationally respected natural health expert, Isadora offers gentle and clear guidance which encompasses the wisdom of traditional cultures, contemporary wellness practices and scientific research.

While growing up in the midwestern United States, Isadora's great interests were a curiosity about other cultures and the desire to understand what motivates people to act in the myriad ways they do. In her early 20s she traveled for a year overland from England to India. While visiting a nomadic encampment on the edge of the isolated village of Bamiyan, Afghanistan a distraught woman approached her pleading for help for the tiny infant laying limply in her outstretched arms. The nearest medical help was many hours away by vehicle through rough mountainous terrain. Without medical training Isadora was unable to help the ill infant.

Deeply moved by this encounter Isadora entered nursing school after returning to the United States. Because of her early interest in nutrition and her quest for understanding, she realized the need to explore areas of healing beyond the medical model of health.

Inspired by a deep desire to help others Isadora has extensively studied herbal healing, flower essences, holistic health, culture and consciousness attending more than 200 classes and lectures. Isadora has studied with the foremost teachers in North America and apprenticed with Steven Horne, AHG, past president of the American Herbalists Guild. Isadora is contributing author to his book, *The Endocrine Symphony*.

Drawn to her wealth of experience, traditional and holistic healthcare practitioners, as well as parents, business executives, artists, and cultural creatives consult with Isadora. Her work encompasses helping individuals of the African Diaspora, including Rastafarians, and many from the GLBT community. She has a gift for incorporating her knowledge of alternative healing practices with a deep, intuitive understanding of each person's needs. With sweet humor she generously shares her expertise to create effective programs for people with busy lifestyles. As she does not sell any nutritional supplements, the recommendations Isadora makes are based solely on what she perceives to be for the highest good of each individual.

Isadora is based in the Chicago, Illinois, USA area from June or early July to October. During the balance of the year, she resides on the island of Jamaica where she nurtures and supports children in need. She continues to study Jamaican healing which derives from numerous West African traditions.

Isadora's life work is to empower children and adults to look beyond the material world for greater meaning in illness and in wellness. Whether in one session or on a continuing basis, Isadora's light shines brightly illuminating the path to greater wellness.

Over twenty-five years of compassionate professional & intuitive experience

“Isadora possesses a very real sense of spiritual love and caring without judgement. She also gives incredibly great advice.” ~ Julie Rosenbaum, Business Developer, Evanston, Illinois