

Natural Cooking

“When food is prepared with love, it just tastes better,” says Linda. When you combine fresh, healthful food from the earth, simple preparation, and lots of love, the results are beneficial and delicious.

Linda will cook *for* you or be your cooking coach. She’ll teach you her back-to-basics approach to fun, easy, healthful cooking.



Education

Bachelor of Science
Health Education
Grand Valley State College
Michigan, 1980

Natural Cooking Classes
Dr. John McDougall
Hawaii, 1981

Yin/Yang Philosophy
to Macrobiotic Cooking
Food Power Institute
Hawaii, 1982

Graduate and Instructor
Foot Zone Academy
Kathy Duvall
Utah, 2002

Graduate
Esoteric Healing Course
Dr. Barbara Briner
Michigan, 2003



Linda Franklin

Linda Franklin is an accomplished health educator who practices foot zone therapy, craniosacral therapy, esoteric healing, and healthful cooking. She resides in northern Michigan where she maintains an extensive clientele. In addition, she travels to various locations, providing personalized health retreats for individuals. Clients are gently encouraged to find their own balance, harmony, and joy through healthy nutrition, energy balancing, and personal intuition. Linda says “Back to Basics” and “Simplicity” are the keys to maintaining and enjoying a healthy lifestyle.

Contact

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Foot Zone Therapy

A simple, effective holistic approach to treating the body through the feet. When specific areas of the feet are stimulated by touch, it sends a message to corresponding cells and organs.

Individuals may experience relief from joint pain, headache, low back pain, fatigue, anxiety, depression, hormone imbalance, weight issues, fibromyalgia and low energy. Treatment may also be helpful to overall circulation, resulting in a relaxed, peaceful feeling of well-being.



Craniosacral Therapy

A gentle, hands-on method of evaluating and enhancing the function of the craniosacral system—composed of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.

CST practitioners assist the release of restrictions in the body, and the functioning of the central nervous system. By complementing the body's natural healing processes, CST is increasingly implemented as a therapy to help the body heal itself.



Esoteric Healing

An off-body energy treatment that enhances balance to all bodies, physical, emotional, mental and spiritual. By gently assisting blocked energy to release, the body may then have the ability to heal itself.

Individuals may experience a deeper awareness of inner self, well-being, gratitude, higher self-esteem, joy, and overall enlightenment.

