

Joyce Rockwood Full Bio

Joyce Rockwood, C.C.H., is a Gut Health Expert and Health Coach, Gravity-Based Certified Colon Hydrotherapist, doTERRA Essential Oils Educator/Distributor, and Certified Thai Yoga Body Massage Therapist. Joyce often works with high-powered entrepreneurs, creative influencers, and professional entertainers when their digestion has diminished, their sleep has declined, and their energy is at an all-time low. Sometimes they've become burdened while trying to heal their body or they may be at a healthy plateau and are ready to use detoxification to have a health advantage and defy the traditional aging stereotypes.

A holistic healthcare practitioner since 1999, Joyce's goal is to help you understand the role of detoxification for optimal (health) results, know how to implement cleansing with ease, and know how to use her detoxification techniques so you can heal from the inside out, feel empowered, and wake up with a sense of purpose. What it takes to achieve this is persistence, consistency, and a focus on the art of detoxification so you can improve all aspects of your vitality.

Joyce is devoted to empowering you with her signature-style, natural-integrative approach to health, and her preventative approach to detoxifying and restoring the gut so you can overcome chronic illness and pain and can heal from the inside out.

Individuals from all around the world work with her to avoid harmful measures, skirt the dangerous side effects of pharmaceutical drugs, and address the root cause so they can be up-leveled iterations of longevity and optimal well-being. Reclaiming independence with their health allows them to enjoy unstoppable energy, manage their mood and mindset, and

experience improvements across all pillars of their life including their family, career, and romantic relationships.

Having owned and operated multiple New York City wellness studios, served as Director of Colon Hydrotherapy at DTLA's The Springs, and administered over 20,000 colonics, Joyce has guided thousands of unique individuals who now lead more productive, joyous and healthy lives.

Joyce was the Executive Producer of "Plant-Based Champions," an educational online global video series featuring interviews with twenty-one of the world's most influential plant-based luminaries. She has been featured in Well+Good, Harper's Bazaar and GOOP, among other publications; served as an expert speaker for Neutrogena®; and collaborated with Natalia Rose Institute's Detox the World. She coaches both individuals and groups on gut health, holistic wellness, and mindset techniques, and leads organizational trainings on doTERRA® essential oils. Joyce lives in Phoenix, where she loves to have fun with her youthful parents, swim, dance, create art, bounce on her trampoline, and inspire others to thrive and age in reverse.

You don't have to wring out the unruly all on your own.

Contact me for a *free* 30-minute coaching call >



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