

AS A HOLISTIC HEALTH
COACH WITH A FOCUS
ON MIND-BODY
MEDICINE, MY MISSION
IS TO HELP PEOPLE
LIVE AT THEIR
HEALTHIEST, HAPPIEST
AND MOST ENERGISED
THROUGH SIMPLE
PRACTICES OF SELF-
CARE AND WHOLEFOOD
NUTRITION.

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Carla Thomas

Releasing our natural potential
for wellness

Holistic Health Coach, Founder of The Juicy Movement,
Keynote Speaker, Mentor, Author.
Cert. IV Holistic Counselling & Mind-Body Medicine



Carla Thomas The Juicy Movement



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Carla Thomas, The Juicy Movement



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“LOOK AFTER YOUR
BODY, IT’S THE ONLY
PLACE YOU HAVE TO
LIVE.”

Biography.....

Through her work with The Juicy Movement, Carla teaches the power of wholefoods and holistic practices and the essential role they play in preventing illness and injury and providing optimal health - enabling us to live at our happiest, “juiciest”, and most vitalised self.

“My mission is to empower people to live their natural potential for wellness,” says Carla.

“We are all naturally engineered to be strong and to feel energised and happy, it’s just that often our habits and routines get in the way.”

Carla’s journey to founding The Juicy Movement started with a necessity to overcome her own health issues. These peaked at age 20 when, having spent most of her teens punishing her body with over-exercise and poor diet, she was on and off medication and in desperate need of change.

“I was underweight, suffering from anxiety and mild depression, lacking energy and my whole body ached,” says Carla.

“I had tests for rheumatoid arthritis and kidney function, which revealed my levels were comparable to someone in their sixties... I’d clearly done a lot of damage, but no one was looking at what I was eating, my physiology or what the root cause of the problem may have been.”

On and off medication since the age of 17 and into her twenties, Carla first embraced the holistic approach in 2009 as a last-ditch attempt at finally finding the answer. Training at the gym one day, a PT introduced her to fermented foods, wholefoods and the nourishing benefits they have to both body and soul. From there, her interest peaked, and Carla went along to a wellness event where she heard ex-Iron Man champion, Steve Coulter, talk about wholefoods and the benefits of supplementing your diet. She says it was the moment which changed her life.

From then on, Carla has never once looked back. Early in 2010, just three months into starting her “juicy journey”, she began studying Holistic Counselling and Mind-Body Medicine at Endeavour College and Life Academy in Perth, Western Australia. Here she learned the intricacies of anatomy, physiology, counselling and nutrition and looking at the self as a whole when assessing any situations of “dis-ease”. These are all practices which Carla put to good work first and foremost on herself, enabling her to be medication-free from December 2011, as well as turning around a number of health concerns including kidney function and the onset of rheumatoid arthritis. Living the benefits of her “juicy life” first-hand, Carla began developing what is now “The Juicy Movement” - a route to wellness through holistic practices and what she now calls, “wholefood loading” and “staying juicy”.

Carla started holistic health coaching seeing clients one-on-one and in small groups, working through referrals and word of mouth. The testimonials spoke for themselves and, as a natural progression, The Juicy Movement was born. Today, Carla and her band of “Juicy Movers” teach her holistic approach to clean living to thousands around Australia and overseas through The Juicy Life Program, and personal coaching with The Juicy Circle and one-on-one sessions with Carla.

She is also author of her first book, *The Juicy Movement: A Holistic Approach to Clean Living*, was a resident Expert on Sarah Wilson’s I Quit Sugar 8-week program until its closure in mid-2018, she is a respected influencer and wellness ambassador and regularly speaks at health and wellness events as both an MC or keynote speaker.



Carla helps people with

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- bloating
- gas
- irregular bowel movements
- indigestion
- cramps
- gut issues (Crohns, intolerances, inflammation or pains)
- irritable bowel syndrome
- allergies
- inflammatory issues (the root cause of so many issues! E.g. arthritis, skin problems, gut issues, poor recovery from exercise)
- acne
- dermatitis
- thinning or dull hair
- poor nails
- poor sleep
- low self-esteem
- anxiety
- stress
- depression
- panic attacks
- bad joints
- aches and pains
- diabetes
- weight issues
- pregnant or nursing mothers looking for increased energy and boosted nutrition for themselves and bub
- low energy
- arthritis
- poor immunity
- unhealthy habits



Carla's book

The Juicy Movement: A Holistic Approach to Clean Living
RRP: \$30

Author: Carla Thomas

Editor & Project Manager: Kami Ramini, Gourmand Press

Design: Becky Chilcott, Gourmand Press

Photography: Sabine Albers Photography

Food styling: Harriet Harcourt

Images and extracts from Carla's book are
available on request.

Please also reach out using the contact details on the
right to request a media copy of
Carla's book for review.

Images

Where possible, Carla is available for photo-shoots,
while high resolution images are
also available on request.

Contacts

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Testimonials:

"After sustaining a spinal cord injury many years ago, I have tried numerous supplements to complement my diet. Full-time work and a regular exercise program plus the daily routine of dressing, driving etc. means my energy requirements are very high. I've been on The Juicy Life Program for over a year now and it's almost surreal how good I'm feeling because of it. I noticed the difference after only seven weeks. My clarity of mind, an uplift in energy, and an overall sense of wellbeing leads me to say the program, along with Carla's ongoing support and added values, has been everything and more." **Jeremy B.**

"When you feel weak and sick during pregnancy, it is a great comfort to be able to rely on a trusted supplement that supported me and honestly enabled me to enjoy my pregnancy more. I was receiving the nutrients that my body was lacking and required to build a healthy baby. My Vitamin D, iron and folic levels were managed on the [Juicy Life] program alone and I also saw a major improvement with my low blood pressure levels." **Michelle W.**