
Understand Marijuana Understand You

Anandamide vs. THC

Understand the munchies!

Understand cotton mouth

Youth report they can't imagine getting on the basketball court without it!



It helps me sleep!

It stimulates my appetite!

My mouth gets so dry...

In the past we smoked some weed and became one with the couch

Today – we smoke some weed and play a better basketball game!



Do you remember when you first learned how to ride your bike?

The neighborhood you rode in?

The color of your bike? The color of the houses?

The sound of the rubber on the road – concrete, dirt, gravel?

The feel of the wind in the hair?

The sunshine on your back?

We're you using pot then? We hope not! Did you enjoy learning to ride your bike for the very first time? Wow you are able to have fun without smoking weed!!!

Many of us started having fun without any substance use. ***Substance use Free - That's who you really are!*** But something happened along the way that took us away from our natural ability to enjoy life. If you are curious to explore what happened or if the benefits of smoking weed are outweighed by the – financial, emotional, relationships and physical health costs – calling Guadalupe is the first step to reconnecting with who you really are!

Guadalupe Aragón is a bilingual **English/Spanish** dedicated transformative life coach with an emphasis on healthy living. Guadalupe holds a B.A. in Sociology from UC Berkeley, a Certified Alcohol and a Drug Counselor 1 from the state of Oregon. Witnessing people shift from a place of invisibility to *"This is who I really am- This is more like me!"* has set into motion within Guadalupe a movement and a desire to help you achieve a healthy lifestyle. ***Guadalupe habla español.***

To Achieve Your Grace-Filled Life after Addiction

CALL 360.334.2626 TODAY FOR MORE INFORMATION & RATES

