

## How Can I Help?

I use my knowledge, training and education in nutrition, emotional wellness, and 12 years of experience working in the human service, mental health, and substance abuse field to help with a variety of health, wellness, and lifestyle concerns.

I help educate and empower you so you can take full control of your own nutrition, emotional wellness, & lifestyle habits.

I will help you develop a nutrition plan, career/life plan, & emotional /mental wellness plan that works for you and your unique situation in coping with codependency and emotional eating.

I will help you identify challenges any obstacles that are stopping you from reaching your goals by helping you understand your emotional wounds of emotional abandonment and childhood emotional neglect and how it may affect your adult life and relationship issues.

I will provide you with the help, support, and accountability that you need to succeed.

Not sure if you struggle with codependency, abandonment, neglect, or emotional eating, not a problem? I'll give you a FREE quiz to help you gain clarity we can discuss any issues in 60 minute \$297:Clarity/Vent Soul Guidance Session Book Online!

### Spiced Life Conversation

2890 Georgia Hwy 212 A-247 Conyers Ga 30094  
Spicedlifeconversation.com



My name is Dr. Nikki LeToya White. I am a Registered Licensed Certified Nutritionist, Certified Wellness and Leadership Coach, and Intuitive Spiritual Counselor.

I want to help you live the healthiest life you can live. I offer whole health counseling/coaching/lifestyle management services that help you take control of your health, finances, and restore balance to your home/business so you can live life to the fullest.

I know living a healthy lifestyle is not always the easiest thing to do. Life gets busy and we feel like we are being pulled in a thousand different directions. I understand the stress and pressure that leads to not always making the best decisions.

Unfortunately, one bad decision after another can lead to longterm health and wellness issues that some never recover from.

Let me help you to lead a healthy lifestyle, one where you are in control of your health and wellbeing. Together we can get you headed down the right path. Let's get started today!



## Spiced Life Conversation Art Wellness Studio And Botanica

**Healing Codependency**

**The Challenge**

**To Be Me!!!**

**Rebuilding A Stronger**

**Sense Of Self**

**With Dr. Nikki LeToya White**



**Codependency**

**-and-**

**Emotional Eating  
Recovery for Women**



## What Is A Clarity Session?

A Clarity/Vent Soul Guidance Session is simply a meet and greet that last 60 minutes that I schedule on Fridays between 7am-10am.

We have a conversation about your current health situation, your goals, codependent struggles, lifestyle, career, relationships, emotional distress, and what you hope to achieve from working together.

During this session I will explain how my program works and we can decide if working together would be beneficial for you.

It is NOT a high pressure meeting. I believe my most successful clients are those who are 110% committed and make the choice to change their lives on their own terms when they are ready.

Investing in themselves is not a problem, nor is doing the inner work needed to heal and recovery. They are fully committed and ready to change and do whatever is needed to change. This Investment shows you are ready!

I do not try to “sell” you my programs. People who are truly ready will be “sold” because they are tired of feeling dissatisfied and stressed. Plus, I believe if it’s meant to be it will be. Learning to fully understand your self-worth is the key to your total emotional recovery, my clients understand this truth.

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Schedule Your Clarity Session Today at  
[spicedlifeconversation@yahoo.com](mailto:spicedlifeconversation@yahoo.com)

## CHILDHOOD TRAUMA CAN MANIFEST AS...

Are you ready to learn about your emotional wounds and how abandonment and childhood emotional neglect affects you later in life as an adult? How it could be the cause of your emotional eating, approval addiction, loss sense of self in relationships, and codependency behavior? The reason you feel invisible, ignored, and like nobody respects your boundaries!



### THE PEACE MAKER AKA “YES GIRL”:

That says YES and Agrees to everything in fear of making others upset or to keep the peace. You fear rocking the boat and easily lose yourself in other peoples’ dramas, needs, or problems. It’s more comfortable for you to take care of others than it is to take care of yourself. But you don’t know why you behave this way.

### ANXIOUS ANNIE:

Since childhood you have felt overwhelmed by fear and yet needed to repress those fears, today, as an adult, you may have anxiety, depression, communication issues or escape with food, when you feel stressed or other addiction like shopping, sex, people pleasing, alcohol, drugs, gaming, lottery/gambling etc. You don’t understand why you never felt you had the right to feel your own feelings or express how you felt but today you are ready to dive deep and start healing to understand own needs.

**When struggling with codependency, you have a limited sense of autonomy. It is hard enough holding onto anger let alone any other emotions. You can break through and heal from this behavior. You don’t need to cope with food or any other addiction. Healing requires an awakening, self care and self love. Let’s identify the blocks!**

### THE GUILTY CARETAKER:

Who sets out to help everyone around her, but ends up abandoning her own needs and goals because she feel responsible for other’s happiness. Perhaps she just keeping playing small and hiding to not make other’s feel uncomfortable. She tells herself, “It is not my job to take responsibility for others, yet she continue to do so each day but doesn’t know why!

### THE EMPATH/HIGHLY SENSITIVE PERSON

The person who absorb other people’s feelings. You feel responsible for everyone and everything and you ignore your own needs, feelings, money, career/finances to fix, save, caretake, advice giving or overgenerous with your money or knowledge while neglecting your own life, career, health, and potential to build your own wealth and follow your own dreams.

You express love to others by showing support to a spouse, partner or loved one by helping them pay their bills, achieve their goals and aspiration yet, feeling bitter and resentful when they don’t return the favor by allowing you to neglect your own needs and dreams. You possibly numb your feeling with food, alcohol or drugs. But can’t understand why!

**Schedule Your Clarity Session Today!**

# LIFESTYLE MANAGEMENT SERVICES

## About Our Cleaning Services in Metro Atlanta- Conyers Georgia

# SAGE BY SPICED LIFE CONVERSATION

### What We Do

Running your own business can be stressful at the best of times so you want the atmosphere of your work place to uplift you rather than bring you down or drain your energy. The energy of your company is created not just by your marketing and brand promotion but also by the thoughts and emotions of you and your employees and the vibrations you create will affect the way your customers feel about you. All our thoughts and their accompanying emotions hang around us after we leave, which is why you can often sense if something upsetting has happened in a room. We help you protect the vibe of your business/office!

### Establishments We Clean

Post Construction Homes, Realtor Listings Upkeep, Investors/Property Manager Rentals, Medical Facilities, Daycare Centers, Fitness Centers, Office Buildings, Banks, Classrooms, Many More.

### Affordable, Efficient, Reliable

Recurring Cleaning 2-3 times a week or once monthly.  
Move In/Move Out Cleaning  
One Time Deep Cleanse

### How It Works



#### 1: Get Your Quote

Simply fill out a quote request form and get your free quote delivered to your email!



#### 2: Book The Clean

Booking your cleaning is easy!  
Give shot via email to schedule a consultation.



#### 3: Relax

Let the cleaners take care of the rest!  
Take care of any errands or simply take a load off.

### Commercial Cleaning Service

SAGE BY SPICED LIFE CONVERSATION Metro Atlanta Conyers area businesses, offices, and more.  
Email today for an estimate on your commercial location at [spicedlifeconversation@yahoo.com](mailto:spicedlifeconversation@yahoo.com)

### Ready to Get Started?

Receive a free quote for your commercial cleaning service.