



AMENA VIDA
MIND . BODY . SPIRIT

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AMENA VIDA

PROFILE

About Us

Mission

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Why us

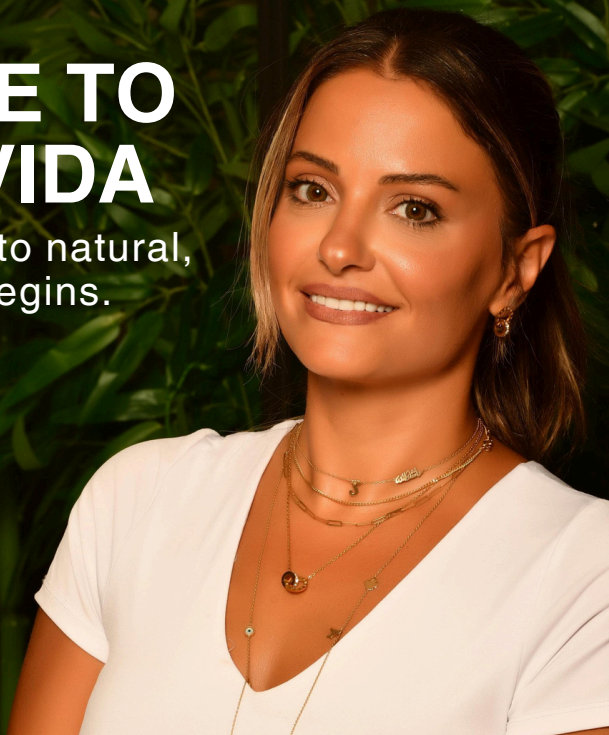
Services





WELCOME TO AMENA VIDA

where your journey to natural,
vibrant health begins.



We are delighted to have you here, ready to take the first step towards reclaiming your well-being and transforming your life through holistic healing. At Amena Vida, we believe that true health is about balance—mind, body, and spirit working together in harmony. With personalized care and a focus on natural, integrative approaches, we are here to support you in every way.

Whether you're looking to heal from a chronic condition, embrace a healthier lifestyle, or explore natural alternatives, our goal is to empower you with the knowledge, tools, and compassion you need to thrive. You deserve a life full of vitality and well-being, and we are honored to guide you on this transformative journey.

Welcome to a new chapter of health and healing.



ABOUT AMENA VIDA

At Amena Vida, we are passionate about guiding individuals on their journey to optimal health and well-being through holistic and natural approaches. Led by Saria Kreidieh Al Jamal, a dedicated holistic health practitioner specializing in chronic disease reversal/management, our practice offers a range of integrative health solutions, from homeopathy and Reiki to personalized nutrition and herbalism. With expertise in treating chronic illnesses, rheumatoid arthritis, psoriasis, eczema, Amena focuses on creating customized wellness protocols that address the root causes of health challenges.



MISSION

To empower individuals to reclaim their health and well-being through personalized, natural, and integrative holistic protocols. Amena Vida is dedicated to providing sustainable, natural healing solutions that address the root causes of illness, guiding clients to lead vibrant and healthy lives, free from dependence on conventional medicine.

VISION

To be a leading force in the holistic health and wellness industry, inspiring a global community to embrace natural healing, integrative medicine, and holistic living as pathways to optimal health. Amena Vida envisions a world where individuals are educated and empowered to make informed choices that promote natural wellness, longevity, and balance.



CORE VALUES

HOLISTIC HEALING

Treating the whole person—mind, body, and spirit—by addressing root causes rather than just symptoms.

NATURAL SOLUTIONS

Advocating for natural, organic, and non-invasive treatments that promote sustainable, long-term health.

PERSONALIZED CARE

Offering customized wellness protocols tailored to each individual's unique needs and circumstances.



CORE VALUES

EMPOWERMENT

Educating and inspiring clients to take control of their health through informed, mindful, and natural choices.

INTEGRITY

Maintaining authenticity, honesty, and transparency in all interactions, upholding the highest ethical standards in holistic healthcare.

CONTINUOUS GROWTH

Committing to ongoing learning and the integration of the latest holistic and natural healing practices to better serve clients.





WHY CHOOSE AMENA VIDA



PERSONALIZED HOLISTIC CARE

We create tailored protocols designed to address the specific physical, emotional, and spiritual needs of each client.



COMMITMENT TO WELLNESS

Our mission is to help you understand your body and take control of your health through mindful, holistic choices.

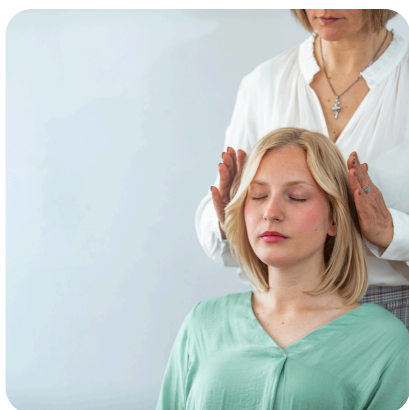


EXPERT GUIDANCE

Amena combines her knowledge with a compassionate approach to ensure effective and sustainable results.



WHY CHOOSE AMENA VIDA



SPECIALIZATION IN CHRONIC CONDITIONS

Managing chronic illnesses such as rheumatoid arthritis, psoriasis, and eczema to supporting post-cancer recovery, we specialize in using natural methods to promote healing and wellness for long-term health.



NATURAL & INTEGRATIVE HEALING

We prioritize natural, non-invasive methods that focus on restoring balance and vitality, offering an alternative to conventional medical treatments.



SERVICES

01.

Holistic Health Coaching

Personalized guidance to help individuals achieve overall wellness by addressing the root causes of health concerns and fostering a balanced, healthy lifestyle.

02.

Homeopathy

Natural, non-invasive treatments designed to stimulate the body's healing processes, offering safe alternatives for chronic and acute conditions.

03.

Reiki Healing

Energy healing sessions aimed at restoring balance, reducing stress, and promoting both emotional and physical healing.

04.

Chronic Illness Treatment

Customized treatment plans for managing and improving chronic conditions such as rheumatoid arthritis, psoriasis, and eczema using natural methods.



HOLISTIC HEALTH COACHING

Holistic Health Coaching at Amena Vida offers personalized guidance to help you achieve optimal well-being by addressing the root causes of health challenges. Through natural, integrative practices, we support you in creating a balanced, healthy lifestyle that nurtures both body and mind.

KEY FEATURES

- **Personalized Wellness Plans:** Customized health protocols designed to meet your unique needs, focusing on both physical and emotional well-being.
- **Root Cause Approach:** We go beyond treating symptoms, aiming to address and resolve the underlying causes of health issues.
- **Natural Healing Focus:** Emphasis on natural, non-invasive methods to promote sustainable, long-term health improvements.
- **Ongoing Support:** Continuous coaching and guidance to keep you motivated and on track throughout your health journey.



HOMEOPATHY

Homeopathy at Amena Vida offers a gentle, natural approach to healing by stimulating the body's innate ability to restore balance. Using highly individualized remedies, we address a wide range of health conditions without the side effects of conventional medicine.

KEY FEATURES

- **Tailored Remedies:** Personalized homeopathic solutions designed to match your specific symptoms and overall health condition.
- **Safe and Non-Invasive:** Natural treatments that are gentle on the body and suitable for people of all ages.
- **Holistic Approach:** Treats the whole person—mind, body, and spirit—focusing on overall balance rather than just symptom relief.
- **Support for Chronic and Acute Conditions:** Effective for both long-standing health issues and sudden ailments, promoting lasting healing.



REIKI HEALING

Reiki Healing at Amena Vida is an energy-based therapy designed to promote deep relaxation, reduce stress, and enhance the body's natural healing abilities. By channeling universal life energy, Reiki helps balance the mind, body, and spirit, restoring inner peace and vitality.

KEY FEATURES

- **Energy Restoration:** Balances the body's energy flow, promoting emotional and physical well-being.
- **Stress Reduction:** Provides deep relaxation and relief from stress, anxiety, and tension.
- **Non-Invasive Healing:** A gentle, hands-off healing method suitable for all ages and health conditions.
- **Emotional and Physical Support:** Helps heal emotional wounds and supports recovery from physical ailments by enhancing the body's natural healing processes.



CHRONIC ILLNESS TREATMENT

Chronic Illness Treatment at Amena Vida provides personalized, holistic care for individuals dealing with long-term health conditions. Through natural, integrative methods, we support clients in managing symptoms, improving quality of life, and promoting long-term wellness.

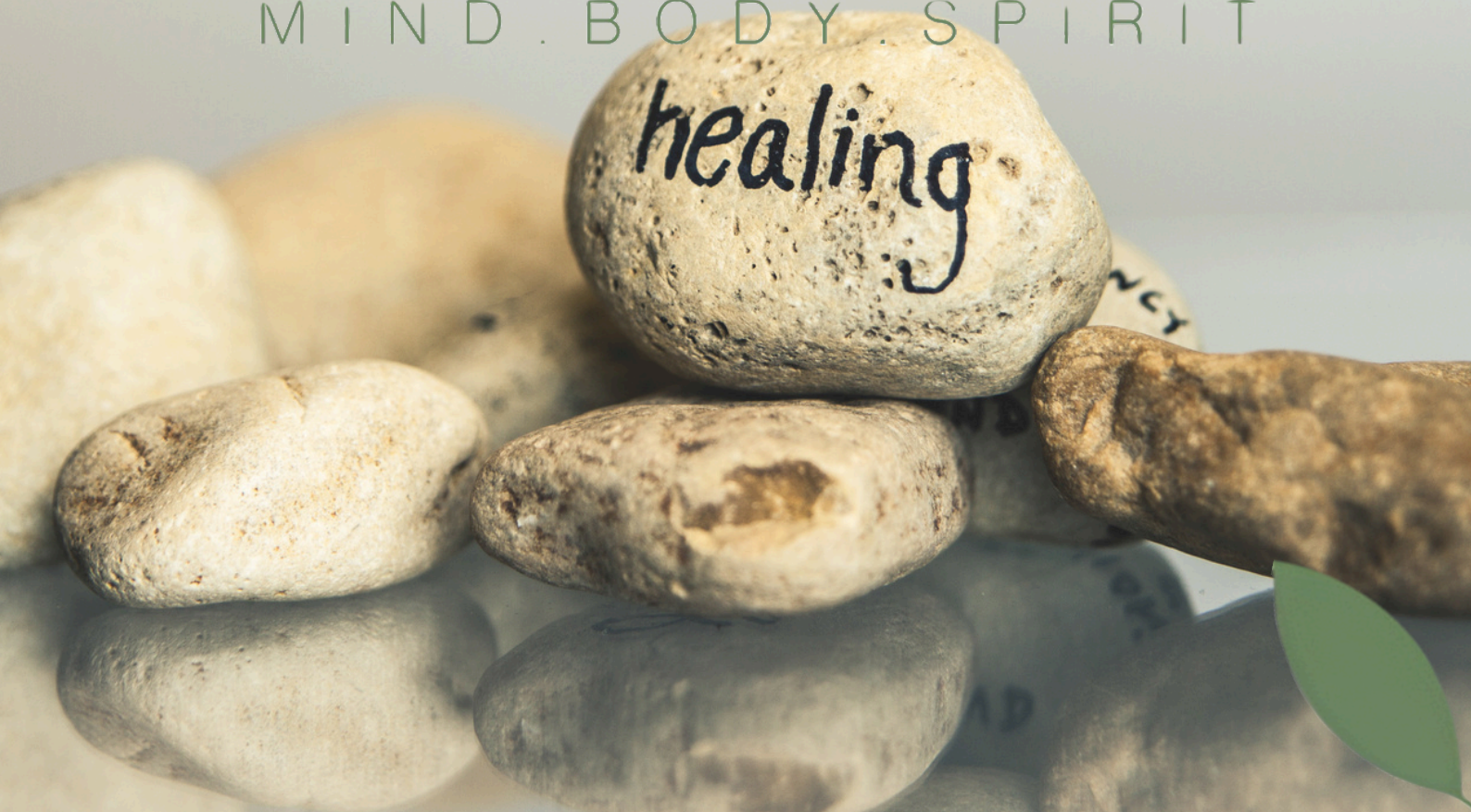
KEY FEATURES

- **Tailored Health Protocols:** Individualized plans designed to address the specific needs of those with chronic conditions
- **Root Cause Focus:** Focus on addressing the underlying causes of chronic illnesses, not just managing symptoms.
- **Natural Healing Methods:** Emphasis on non-invasive, natural treatments to enhance overall health and reduce dependence on conventional medications.
- **Long-Term Support:** Continuous monitoring and adjustments to ensure sustained health improvements and symptom management.



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