



(JANA JUNG)

IRIDOLOGIST

HERBALIST

NATUROPATHY

The power

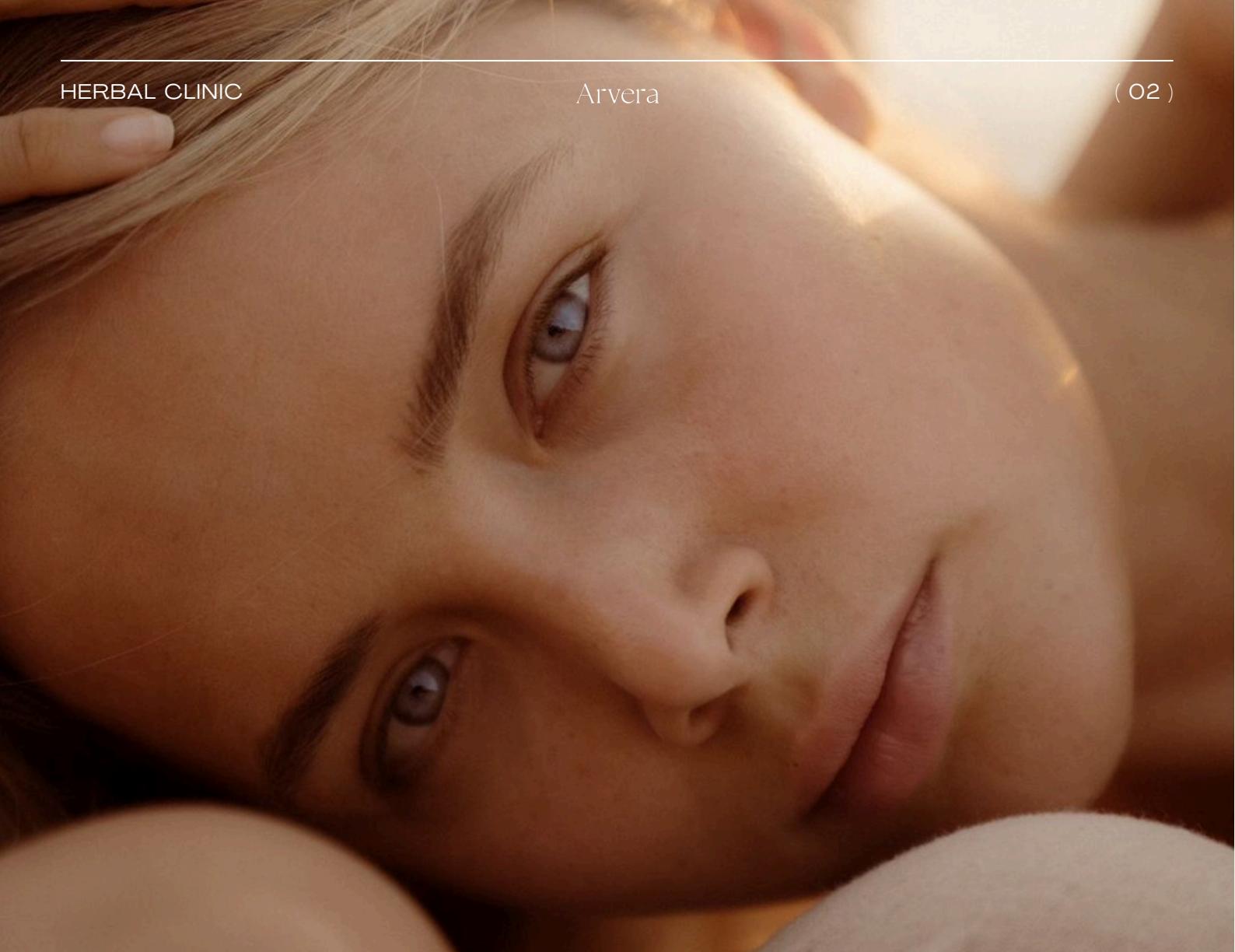
(of)

nature

Arvera

HOLISTIC

SANCTUARY



A B O U T

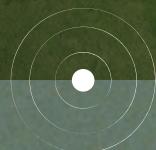
Turning personal health challenges into a purpose, Jana Jung, Founder and Arvera World, leads others on a path to genuine healing, encouraging the natural wisdom of herbal medicine as a mindful alternative to pharmaceuticals.

Her extensive 5-year studies in Naturopathy and Herbal Medicine, coupled with certifications in Iridology Level 3 and Bachflower therapy, enable her to integrate Western and Eastern healing practices during her treatments.

Jana is particularly interested in the psychological origins of disease and uses Iridology to guide her patients on a *journey of self-exploration*.

What is Herbal Medicine?

Herbal medicine excels in its capacity to gently yet effectively resolve a range of health issues, especially in domains where conventional medical approaches and modern pharmaceuticals fail to provide the desired outcomes.



• SCIENTIFIC RESEARCH

The use of plants has shown remarkable success in managing autoimmune disorders, digestive issues, respiratory ailments, and symptoms of viral origin eg. chronic fatigue syndrome.

• TRADITIONAL PRACTICE

Herbal Medicine is the gentle art of restoring balance by working in harmony with the body's innate ability to heal.

Understanding and working with the profound wisdom of plants, Herbal Medicine does not only treat ailments but also aligns the body's natural rhythms, nurturing vitality and well-being from within.



What is Iridology?

The iris is a fascinating element of our uniqueness, reflecting the complexity of each person's bio-individuality.

Each person's irides are distinct, with patterns that reveal not only physical attributes but also personal characteristics, emotional challenges, and behaviours.

The eyes serve as windows not only to our health, but also to our genetic lineage, revealing unique personality traits and the energetic flow of our relationships.

- UNDERSTANDING OF YOUR HEALTH

- ENHANCING YOUR OVERALL

- PREVENTION AND LONGEVITY

WHAT HAPPENS DURING AN ASSESSMENT?

SAFE ENVIRONMENT

60

HOLISTIC EXAMINATION

A holistic evaluation of the entire body, examining how physical symptoms are rooted in energetic imbalances and emotional patterns.

By using Iridology I am exploring with you the unique architecture of your nervous system, inherited tendencies, and constitutional strengths and vulnerabilities.

You will gain a clearer understanding of how your body, mind and psyche interact – revealing how unresolved emotional blockages, ancestral imprints and constitutional traits are influencing your current state of health and life experience.

PRICING

Iridology Reading 60 min

220 £

Herbal medicine assessment incl. treatment plan

240 £

Iridology reading + Complete Naturopathic Assessment incl. treatment plan

280 £

**Advanced therapy: Assessment with serious condition (autoimmune)
incl. Iridology + treatment Programm 8 weeks**

600 £

JANA'S PRINCIPLES

01 **VIS MEDICATRIX NATURAE - THE HEALING POWER OF NATURE**

Nature is the ultimate healer for the body, mind, and spirit.

02 **ALWAYS GET TO THE HEART OF YOUR HEALTH CONCERN**

I am aiming to always get to the Heart of Your Health Concerns, seeking out and addressing the root causes, rather than just dealing with your symptoms!

03 **HERBS ARE THE GATEWAY FOR COMPLETE HEALING**

(On every level)

Herbs have been part of healing systems since ancient times and must be combined with modern knowledge.

04 **SAFETY ALWAYS COMES FIRST**

All treatments are created to minimize the risk of harmful side effects. A gentle approach for a strong body works with using subtle energies of herbs for c

05 **KNOWLEDGE IS POWER**

And is also the key for fundamental change!

Empowering you with ancient wisdom from the great healers before us! My mission is to equip you with the essential tools and knowledge you need to make the right

06 **YOU'RE A WHOLE PERSON!**

You're not just a collection of symptoms

The body, mind and spirit can never be separated. And this is the opportunity that herbs can give to the world: They only work on all three levels of your constitution.

MY PERSONAL
NOTE TO YOU

Your path to health is one-of-a-kind. Every plant that you will encounter will help you to navigate through life in the most organic and profound way.



The power

(of)

nature

Arvera

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CONTACT FOR BOOKING

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