

# 12-WEEK SELF-HEALING INTENSIVE



DR. KEELEY W. VERRETT

Holistic Doctor & Self-Healing Coach



# BROWN EYED GIRL WELLNESS

CREATING GENERATIONAL HEALTH



HERB'N BUSH  
TEAS & TONICS FOR BROWN-EYED PEOPLE



*Your*  
**Healing**  
*awaits*

## HI THERE SUPERSTAR!

We are so excited to be speaking with you about creating your legacy of generational health!

Our 12-Week Self-Healing Intensive is unlike anything else in the world.

We specialize in working with brown-eyed women and families to heal themselves naturally and gain control of their health.

We understand that the greatest way to create generational wealth is through building a strong foundation of health.

We really see something exciting in the work you're doing, and we are ready to work with you to bring your vision for your health to life.

When you work with our team, the Brown-Eyed Girl Wellness Initiative, you join a community of exceptional women and families achieving extraordinary things, day by day, step by step.

No stone unturned. No wishy washy programs. Great strategy. Exceptional results.

This is an exciting time for us to be working together - as partners, creating a lifestyle of health, wealth and prosperity in every way.

To your success,

*Dr. Verrett*

## WHAT YOU CAN EXPECT FROM US

**01**

### PROFESSIONALISM

*At all times, we promise you that we will act with the highest level of professionalism, as we guide you to your goals.*

**02**

### ATTENTIVENESS

*We're there when you need us. You have our attention on your health, your goals and those things that are getting in the way.*

**03**

### TRUSTWORTHINESS

*We are known for our integrity, and we promise that you can trust us fully with your goals, your dreams and those hidden pain points.*



# YOUR SELF-HEALING INTENSIVE EXPERIENCE

Moving to a custom, multi-dimensional healing system designed specifically for people with brown eyes, helps you heal deep, nagging, hard to cure symptoms from the source NOT the symptom. It is unlike anything that you have ever done before.

Most of the "Gurus" are selling courses, programs and solutions for the average person without understanding the individual or without knowing the source of their imbalances or supporting them through their challenges. This leaves YOU alone and frustrated with your health.

We are here to empower you with the gift of self-healing so that you become the best knower of your own body, and so that you can lead your tribe to their own health and wellness.

Our clients are leaders in their families, their professions and their communities. They push through enormous amounts of exhaustion, pain, insomnia and anxiety everyday without making excuses and with smiles on their faces.

You have been invited to work with us because we KNOW that when you get back to looking and feeling like yourself again, when you have the energy and vitality that you once had, you can change the world!

By choosing to take control of your health, right now and at this level, you will be able to leverage your health to create time and space for yourself, your family, your relationships AND create new opportunities and new endeavors.

You will find that you have an increased libido, better sleep, less pain, more energy and peace of mind. You will learn to manage the daily stresses of a busy life, divert chronic illness and no matter what life brings, you will have the tools to deal with it.

It is our aim for you to spend your time primarily in two areas: deep healing based on the needs of your entire body, and creating a multi-dimensional healing system that is fun, efficient and gives you massive results. In our experience, this will give you immense freedom and joy in your life, and you will go on to inspire everyone around you, creating your very own *Legacy of Generational Health*.

We will work together with you to develop your personalized, multi-dimensional, self-healing system, based on your body, your family history, your busy schedule and your imbalances -- This generally includes balancing your physical, mental, emotional, social, sexual and spiritual health (PMESS) in as little as 1.5 hours a day, chunked up into smaller time slots infused into your busy schedules.

In the Self-Healing Intensive, you will follow our Signature PMESS System in a group coaching environment for 12-weeks while you bed in the new strategy, heal your body, inspire your loved ones and find your joy. You receive 1:1 strategy meetings, as well as group strategy sessions with other extraordinary women. There are virtual trainings and access to our strategies, tools and treatments in the private member area. You can heal no matter where you are or how busy you are... And at your own pace.

You may also choose to continue working with Dr. Verrett in our Premium Mastermind once you complete your intensive. We recommend that we discuss this after you complete your intensive.

At every stage of your self-healing journey, our team at Brown-Eyed Girl Wellness Initiative is right here to support you to your goals and to your ideal life.

# OUR IDEAL CLIENTS



## EXTRAORDINARY WOMEN

Our clients tend to stand out. This doesn't mean that they're all extroverts, but they are definitely leaders, they are the backbone for many, and their health is extremely important to them. They are strong, compassionate and up to great things.

## EXTRAORDINARY TRANSFORMATIONS

Our clients are brilliant at what they do. They absolutely 100% know that their bodies can heal, that they can get back to looking and feeling like themselves again, and that they can age powerfully with peace & joy.

## NOT SURE HOW

BUT... they're not sure how to do it. They have tried different diets, supplements and workout plans without success. They want to look and feel better, but they don't know how to do this consistently. That's where we come in!

## TAMARA, FITNESS EXPERT, GULF COAST



Before working with Dr. Verrett, I was in constant pain (lower back and leg) that kept me up at night. My pain level was always at an 8, but I refused to take any pain meds because of my career and my active lifestyle.

Now I am pain free, and I sleep like a baby almost instantaneously. Dr. Verrett's support made all the difference for me. It was the littlest things that I would never have given a second thought to that she brings to light and has made a huge difference in the way I treat my body.

# YOUR 12-WEEK SELF-HEALING INTENSIVE



## PMESS SYSTEM

Most of our clients have already tried everything from plant-based diets to supplements to exercise, but they have not been able to get over a wall. Our PMESS System gives you the strategy and guidance you need to finally heal the source of your symptoms and get life-long lasting results.

## IRIDOLOGY

Your Brown Eyes will give you an amazing perspective on your body, your strengths and your weaknesses. You will understand what health issues you have inherited and how to heal them in a way that gives you and your family the roadmap to creating your own legacy of generational health.

## STELLAR SUPPORT

What really makes the difference in reaching a level of wellness that you have never reached before, is being supported step-by-step by our entire team when challenges arise. Your program is front-loaded and results oriented because we know that when you see results, you simply want more. Before you know it, your self-healing system will be as natural to you as brushing your teeth!

## JULIA, CONSULTANT MOM-PRENEUR, ATLANTA



I have two small children, a husband and a full-time job. Before working with Dr. Verrett, despite being vegan, I suffered with extreme night sweats, horrible sleep and exhaustion for over 15 years.

After my myomectomy (fibroids), none of my doctors could figure it out, as a matter of fact, they ignored it, but after working with Dr V, creating a routine in my busy life and learning about my body, my night-sweats disappeared, my sleep pattern finally stabilized, and I feel amazing!

# INCLUSIONS

- 12-Week Healing Intensive & Personalized PMESS Healing System
- 12-Group Training Sessions coaching you to creating your PMESS System inside your life and guide you through your process.
- 2- 1:1 Sessions to develop your personal self healing system based on your health, your body and your schedule.
- 15+ Page Personal Comprehensive Self-Healing Guide with Iridology Reading, Condensed Herbal Food List, Self-Healing Strategy based on your Root Cause, schedule and goals.
- Weekly Video Training, Swipe Files and Templates to move you seamlessly to your Self-Healing Intensive
- Supplements & Natural Treatments
- Kitchen Pharmacy, Recipes, Meal Prep, Healthy Home Modules
- Systematic Detoxification, Movement, & Meditation Modules
- Private Membership Area & FB Group
- VIP Access to Live Events hosted by Brown Eyed Girl Wellness Initiative.

Investment \$12K

Fast Action Scholarships and Payment Plans Available



## OURANIA, AERONAUTICAL ENGINEER, SEATTLE

I went to many specialists, and they diagnosed me from lupus to fibromyalgia and Graves disease. Dr Verret helped me navigate all of that and heal my body. Together, we created a Healing Routine that's reasonable, easy to afford and most of all sustainable, even while having a career and 3 kids, a household and a husband.

The secret sauce is to use your tools to LET GO all that has built up inside of your body and mind. Dr Verrett will show you exactly how to do that without disrupting your life.

# ABOUT DR. KEELEY VERRETT, CEO



Dr. V

I'm Dr. Keeley W Verrett, the holistic doctor and self-healing coach to brown-eyed people all over the world who are looking to heal themselves naturally. From busy professionals, entrepreneurs, and physicians to natural healers... I'm the go-to girl for helping busy brown-eyed women access their greatest healing potential. And, I'm different than everyone else out there.

My brilliance is empowering you to leverage your own health so that you can create massive opportunity in your life, a meaningful and a beautiful relationship with your body. Your new lifestyle will inspire everyone around you and jumpstart you to creating your very own *Legacy of Generational Health*, starting with YOU loving yourself enough to get the support you need first.

In one call, I promise you that I can help you become crystal clear on your strengths and weaknesses, and also give you the pathway to heal yourself naturally.

So you can lead from a place of health and clarity.

So you can have the energy, joy and freedom you've always wanted.

In my previous life, I was a super busy, driven doctor and entrepreneur. I ran two highly successful practices that I grew from the ground up. They became larger than life. I burned out, got exhausted, stressed out and anxious. That all showed up in my body as thyroid imbalance, anxiety and infertility. I went on an 8 year journey to heal myself naturally.

I shared everything with my patients in my clinical practice and have went on to create a virtual system designed to help busy, professional women, just like me, that encompasses everything that I learned in my clinical research and my own self-healing.

Because of this, I am much more than just a holistic healer, a doctor and health advocate. I literally have been where you are now, and I know I can guide you to get back in control of your health.

My background is traditional eye care, iridology, natural healing and herbal foods. I use the eye as a map of the body and as a tool to create custom natural healing systems for my clients to give them massive results.

Never before has there been a more pointed and comprehensive healing system, created specifically for busy people with brown eyes.

And now you can join my programs too, where you will get the chance to heal your body and create your Premium Self-Healing System in your everyday life so that you can make your good GREAT and your great EXTRAORDINARY!

## NURSE VICKI, ATLANTA



Nurse Vicki

We are extremely blessed to have Nurse Vicki as a part of our team. She is a beautiful, brown-eyed nurse out of Atlanta.

Her own health journey has led her to completely changing her lifestyle, her diet and her mindset.

With two children and a fulfilling career, she totally understands the definition of work-life balance. She is a living example of it.

She is energetic, kind and spiritually grounded. She aims to inspire women all over the world to understand their bodies, balance their anxieties and live fruitful lives.

Her 20+ year dedication to children and the parents of children with extreme chronic health conditions, speaks volumes about her. She absolutely loves helping families cope with stressful situations, heal holistically and thrive through their challenges to see better and more beautiful outcomes.

## INTERN BLAIR, ATLANTA



Blair

Blair is our smart, kind, energetic and beautiful future healer and daughter of Nurse Vicki. They are truly creating a *Legacy of Generational Health*, right now!

Blair is a beautiful reflection of our next generation. Her desire to discover new ways to leverage her creativity to increase her own health as well as inspire her family and her peers is inspirational.

Five years ago, she chose to change her lifestyle and health-style for the better. Her passion is helping our ladies develop their Kitchen Pharmacies to make sustainable changes for themselves and their families.

She is studying at University, where she will earn a degree in Nutritional Sciences. She continues to learn and grow so that she can impact the world in her foundational knowledge of health and wellness.

She is an integral part of our client communications, logistics, technology and media. She personally helps usher many women through their healing processes, and in return, we all just love her up..

## COACH PRINCESS, MARYLAND



*Coach Princess*

Princess Love Mills is a spirited and loving health and wellness advocate. She comes to us with experience from a variety of industries and has managed to find her way back home to conversations of healing, growing, loving oneself, and loving others.

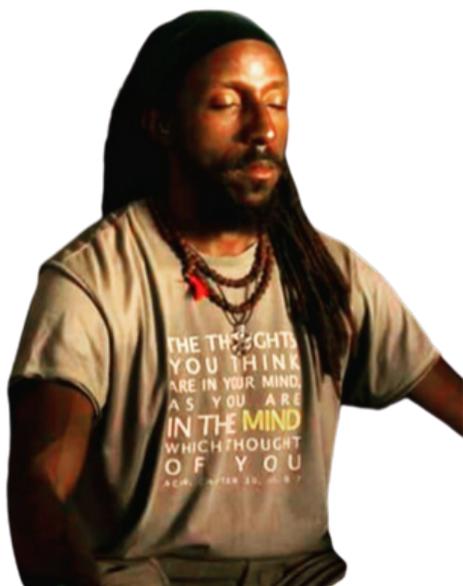
Princess has earned a Master of Arts in Human Services with a cognate in Marriage and Family Counseling from Liberty University. She has also been a Certified Reflexologist for over 16 years.

Coach Princess truly believes that if you give the Body (Body-Mind-Spirit), what it needs, it will heal and thrive again.

If you have ever interacted with her, you know that she puts her whole heart into her work.

One of her favorite questions is, "Where is the love?" She knows that if you can find the self-love, it is the source and beginning of very deep healing.

## COACH EUGENE, MIAMI BEACH



*Coach Eugene*

Coach Eugene is our Meditation & Movement Coach. Originally from Los Angeles, he has found his home in Miami Beach and continues to make a profound affect on his community.

He has been a long-time coach of Dr. Verrett and one of the most profound healers that she has worked with on a personal level.

What makes Coach Eugene so brilliant are his vast knowledge of healing movements, meditation, energy medicine and nutrition.

Beyond that, his energy is contagious!

His way of life and teaching methods are simple, practical and based on the constitution of the brown-eyed woman. Based in sound, movement and mindfulness, he makes meditation a beautiful way of life that can be translated into any busy lifestyle and into any spiritual practice.

Coach Eugene is gifted, his contribution to our movement is priceless, and we are blessed to have him work with us.

# CASE STUDY VIDEOS



Angela:

**INSOMNIA,  
EXHAUSTION  
ANXIETY**

A vicious cycle for Angela. After using the tools she learned, she Sleeps, she's Joyful and Energetic.

link to video: <https://youtu.be/EggpBtDIW8M>



Julia:

**NIGHT SWEATS**

for 15 years. Even after switching to a plant based diet and having fibroid surgery, there was no help until she found Dr. V and learned how to heal herself naturally.

link to video: <https://youtu.be/8rSrc7dYyGE>

# CASE STUDY VIDEOS



April:

SELF NEGLECT  
ANXIETY  
DIVORCE  
GUILT  
SUGAR ADDICTION

Learning that self-healing is the best way to love herself and her children gave April a new perspective to lead her family in power, clarity and confidence.

link to video: <https://youtu.be/U7qBN9Bh2ks>



Ourania:

AUTO-IMMUNE DISEASE  
BRAIN FOG  
POOR DIGESTION  
SEIZURES

Ourania gets her mental clarity, energy, balance and joy back! She's off medications, spends more time with her family, and has started her own consulting business with her husband.

link to video: <https://youtu.be/TODgcPH7Aqw>

# CASE STUDY VIDEOS

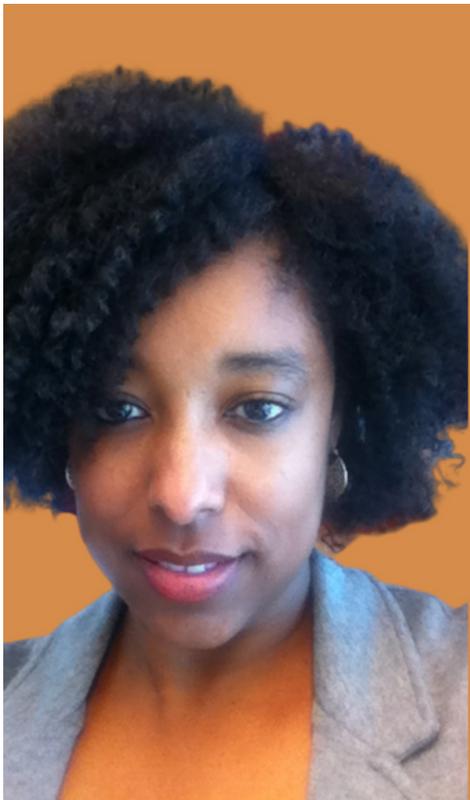


Nikita:

OFF ANXIETY  
MEDS

A busy  
entrepreneur  
and single  
mother is open,  
excited and ready  
for her next big  
project!

link to video: <https://youtu.be/67wHxw7VJ-s>



Terra:

MOTHERHOOD  
IMPATIENCE  
SELF-NEGLECT

Finds her purpose  
and balance  
through support,  
healing routine  
and consistent  
daily action in self  
healing.

link to video: <https://youtu.be/4z5-P7LhvpU>

# CLIENT REVIEWS



## URSALINE, CREATIVE ARTIST, LOS ANGELES

Dr. Verrett takes you on a journey that allows you to discover whatever you need to heal.

She is a gifted Practitioner sharing her vast experience, supporting you each step of the way, answering questions, leading you through the maze of Honoring thyself and remembering who you truly are...A Divine Being on an evolutionary trip back to self.

Dr. Verrett. dispenses information and modalities that will serve you for a lifetime. She is a shining treasure."



## RACHELLE, RETIRED LAW ENFORCEMENT, CHICAGO

As a result of my career, I have spent 30 years of not sleeping. Working the night shift, my body was tired, I was cranky and driving everybody nuts.

I was so exhausted, and I had no idea how to start feeling better. I now realize that I had spent over 30 years in extreme insomnia and exhaustion, and it was finally catching up with me.

After working with Dr V, I now know exactly what to do and what to eat to wake up with energy, and get restful sleep when it is time to power down. I finally feel like I have control, and I have created a lifestyle that I love around my own self-healing. I am busier than ever, AND I am sleeping without any sleep-aids after 30 years!!!



## MONIQUE, ENGINEER MOM, WASHINGTON D.C.

Dr. Verrett's system is so simple and so compatible with real life that I was able to get most of my self-healing done before I get home from work.

I have tried many diets including veganism and intermittent fasting. Nothing compares to the type of holistic work that we did together and that I continue to use every single day.

I never thought of making my commute, my time to heal. And with her system, her guidance and her constant support, my life and body are working for me, not against me.



BROWN EYED GIRL  
WELLNESS

CREATING GENERATIONAL HEALTH

# SPEAK TO US

To speak with our team, please reach out to us at:  
[drverrett@drverrett.com](mailto:drverrett@drverrett.com)



[DRVERRETT.COM](http://DRVERRETT.COM)