



My name is Michelle Hendrickson, I am a wife and mother, health coach and a Functional Nutrition Practitioner. I began working at Salina Family Chiropractic as a massage therapist in 2018. My journey into holistic health started in 2010 while attending massage school in Bozeman, Montana, and grew through years of working alongside chiropractors and naturopathic practitioners. These experiences deepened my appreciation for the body's ability to heal when given the right support.

My passion for helping others was shaped by my own health journey. After struggling with anxiety, weight gain, exhaustion, migraines, and sleeplessness, I understand firsthand how frustrating and overwhelming it can be to search for answers and still not feel like yourself. Through my own healing process, I discovered the powerful impact of health coaching and Nutrition Response Testing®, which helped me uncover underlying imbalances and restore my well-being.

I believe that our bodies are intelligently designed and that many of the health challenges we face today are influenced by nutritional deficiencies, chronic stress, and living in a constant state of fight-or-flight. Through Ulan Nutritional Systems' Nutrition Response Testing®, I help identify the underlying imbalances that may be preventing the body from functioning at its best.

When the body is under chronic stress, the nervous system can remain stuck in a fight-or-flight state. This diverts energy away from digestion and healing, which can contribute to relentless symptoms and a cycle of ongoing stress in the body.

Symptoms can include:

- **Feeling tired but wired** – Persistent fatigue, low energy, or burnout, even after a full night's sleep.
- **Anxiety, irritability, or feeling constantly on edge** – A nervous system stuck in fight-or-flight can make it difficult to relax and feel calm.
- **Difficulty falling asleep or staying asleep** – Elevated stress hormones can interfere with deep, restorative sleep.

- **Brain fog and poor concentration** – Chronic stress can impact memory, focus, mental clarity, and decision-making.
- **Digestive issues** – Bloating, constipation, diarrhea, acid reflux, or stomach discomfort can occur when stress disrupts healthy digestion.
- **Frequent headaches or migraines** – Ongoing muscle tension and nervous system dysregulation can contribute to recurring headaches.
- **Weight gain, especially around the midsection** – Chronic stress may increase cortisol levels, which can promote fat storage and increase cravings for sugary or processed foods.
- **Blood sugar imbalances and cravings** – Intense cravings, energy crashes, and feeling hungry shortly after eating can be signs of stress-related hormonal disruption.
- **Hormonal imbalance symptoms** – Irregular menstrual cycles, worsening PMS, low libido, mood swings, hot flashes, or difficulty losing weight can occur when chronic stress affects hormone production and balance.
- **Weakened immune function** – Getting sick more frequently or taking longer to recover from illness may indicate the body is under prolonged stress.

Health is not a destination, but a journey, and you don't have to navigate it alone. Whether you're struggling with fatigue, digestive issues, hormone imbalances, anxiety, or simply feeling disconnected from your best self, I am here to help guide and support you. Together, we can uncover the underlying stressors affecting your health, create a personalized plan that supports your body's natural healing abilities, and help you regain the energy, vitality, and confidence you deserve. My goal is to empower you with lasting solutions so you can feel your best, live fully, and thrive for years to come.