

# AmiCietta D. Clarke

SPEAKER | WRITER | COACH

*"You own the power in your healing journey"*

AmiCietta is a highly sought-after speaker writer, certified holistic health and empowerment coach and wellness educator. She firmly believes that everyone owns the power to affect their health outcomes and shares this message with conviction as she learned this truth first-hand during her own battle with myasthenia gravis, a rare autoimmune disease. Diagnosed with this disorder at the age of 25, AmiCietta underwent several conventional treatments while working 80-100 hour weeks as a corporate lawyer. Unfortunately, her symptoms only got worse. She experienced blurred and double vision, couldn't make a fist or walk properly. When AmiCietta was diagnosed with steroid induced osteoporosis at age 32, that was the turning point in her healing journey. She reclaimed power over her health, changed her diet and lifestyle and has been symptom and medication free since 2010.

AmiCietta founded Clean Body Living, a holistic health coaching practice, which helps women with autoimmune diseases and chronic illnesses shift their mindset to realize that they own the power in their healing journey through awareness, body movement, clean eating, self-care, stress management and reducing the environmental toxins in their lives. AmiCietta believes it is her mission to help everyone realize that they own the power in their healing journey. She has graced the stage with international speakers, Dr. Willie Jolley and Dr. Cheryl Wood, and has shared her message at conferences, galas, health fairs, churches, civic organizations, non-profit organizations and on various media outlets.



Featured in **STERLING WOMEN** **elephant JOURNAL** **Bliss** **LTE** NETWORK

## Most Requested Speaking Topics

- **How Shifting Your Mindset Helps You Reclaim Your Health**  
Shifting your mindset to realize that you can affect your health outcomes is the gateway to change. During this presentation, AmiCietta challenges her audience to make this shift and then helps them realize how much power they have in the things they do everyday that impact their health.
- **Listen to your Body, it's your Teacher**  
Our bodies give us signs and signals when something isn't right or when we need to stop. During this presentation, AmiCietta helps her audience to start learning how to listen to their bodies and draw wisdom from them.

- **How to Become Your Cheerleader in the Doctor's Office**  
One of the first steps to reclaiming your health is taking the power back from your doctor. In this presentation, AmiCietta inspires her audience to develop the confidence to challenge their doctors, become patient advocates and empower themselves in their health journeys.
- **Every Decision Either Promotes Health or Disease**  
Practically everything we put on, in and around our bodies either promotes health or promotes disease, including our food, water, make-up, body products and cleaning products. During this presentation, AmiCietta helps her audience realize that making changes in things we do every day can have a major impact on our health and ability to heal.

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"Listening to AmiCietta speak literally blew my mind! What I loved about it is that she used props when she spoke and drew me in with her stories and statistics, so it caters to both the right-brain person and the left-brain person. It's emotional, it's strong and it's powerful. She captivates her audience by giving you details and telling her story and includes them with audience participation. I was captivated by her story and I liked the strength in her voice as she spoke. She's motivational, she's encouraging and she's inspiring."

- Shoana Cachelle, International Speaker & Entrepreneur

"I attended AmiCietta's Every Decision Either Promotes Health or Disease workshop during a women's conference and it was impactful! She not only provided helpful information about food and products that we encounter daily, but she also provided evidence about the impact that these products can have on our overall well-being. She gave us insight into her life, explaining how she incorporates clean body living in all aspects of her daily routine, and she also shared the impact that it has had on her personal health and how she recovered from the autoimmune disease. Because of AmiCietta's workshop, I look at food and products in a more informed way and I have been able to make better decisions for myself and my family."

- Christi Culpepper-Walker, PhD

## BOOK AMICIETTA NOW

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