



JOURNEY 2 WELLNESS

—HEALTHY ROOTS. BRIGHTER TOMORROWS.—

A SIMPLE GUIDE

Keep the Culture.
Change the Outcome.



WHAT'S MY 93?

YOU KNOW WHAT YOUR CAR NEEDS.
DO YOU KNOW WHAT YOUR BODY NEEDS?



THE WRONG FUEL

Leads to poor performance,
more wear and tear,
and long-term damage.



THE RIGHT FUEL

Supports better performance,
keeps your engine running
smoothly, and helps it last.

Your body works the same way.

**The foods you eat, the nutrients you get,
the way you move, and how you manage stress
all impact how you feel today and your health tomorrow.**

Your 93 isn't one perfect food, tea, vitamin, or diet.
It's learning what helps your body feel and function
its best—while keeping the foods, traditions,
and culture you value.

Let's heal.
Let's learn.
Let's build generational
wellness—together. ♥



FOOD

Fuel with purpose.



NUTRITION

Find what you
may be missing.



MOVEMENT

Small changes.
Big impact.



MINDSET

A calmer, stronger
you.



CULTURE

Honoring where
we come from.

MOYA BUTLER, FNP-BC
NURSE PRACTITIONER & NURSE COACH



@yoursymptomshaveastory



www.journey2w.com

NEXT PAGE →

1. WHAT ARE YOU PUTTING IN YOUR TANK?

Start with the foods and drinks that show up in your real life - not somebody else's meal plan.

WHAT'S ON YOUR PLATE MOST OFTEN?

- | | |
|--|--|
| ☐ Rice & peas / white rice | ☐ Plantain |
| ☐ Yam / green banana / provisions | ☐ Dumpling / bread |
| ☐ Fish | ☐ Chicken / meat |
| ☐ Callaloo / vegetables | ☐ Beans / peas |
| ☐ Juice / soda | ☐ Tea / herbal drinks |

HOW DO YOU FEEL AFTER YOU EAT?

☐ Energized	☐ Sleepy
☐ Bloating	☐ Gassy
☐ Heavy	☐ Headache
☐ Craving sweets	☐ Completely fine

YOUR 93 CLUE

Pay attention to how your body responds to the fuel you're giving it. Patterns matter. One meal doesn't tell the whole story.

2. ARE YOU RUNNING LOW?

Your car can't perform without what it needs. Neither can your body.

Do any of these sound familiar?

- ☐ I'm tired more than I think I should be
- ☐ My hair is thinning or shedding
- ☐ I experience brain fog
- ☐ I have muscle cramps or weakness
- ☐ I don't sleep well
- ☐ I have numbness or tingling
- ☐ My periods are heavy
- ☐ I have difficulty concentrating

**DON'T GUESS WHAT YOU'RE MISSING.
FIND OUT.**

These symptoms can have many causes. The goal is not to self-diagnose - it's to notice the clues and decide what deserves a closer look.

3. YOUR 93 IS MORE THAN FOOD

EAT RIGHT	THINK RIGHT	MOVE RIGHT
Give your body the right fuel.	Give your mind moments to reset.	Give your body a reason to move.

KEEP THE CULTURE. CHANGE THE OUTCOME.

**Home-cooked food. Ground provisions. Herbs and teas. Walking.
Dancing. Community. Prayer. Rest.**

Healthy living doesn't have to mean giving up who we are. The goal is to understand what still serves your body, what may need to change, and what your body needs now.

MY ONE CHANGE THIS WEEK:

READY TO FIND YOUR 93?

**You know your symptoms.
You know how you feel.
Now let's look under the hood.**

1 What am I putting in my body?	2 What might my body be missing?	3 What is my body trying to tell me?
---------------------------------------	--	--

FIND MY 93

Stop guessing. Take the next step toward understanding the fuel, nutrients, and patterns that may matter for your body.

FIND MY 93 →



SCAN OR VISIT

findmy93funnel.vercel.app
to continue with Find My 93.

Educational use only. This guide is not intended to diagnose, treat, cure, or prevent disease. Symptoms can have many causes. Seek individualized medical care for persistent, severe, or concerning symptoms.