

WELCOME TO THE EMAIL TRIBE!! ☀️



Hey there, it's Kelly Lambert.

I'm glad you joined my private email tribe to help you on this health journey!

I am a metabolic health coach, certified Nutritional Therapist, natural product formulator—and (much like you) a creature of light 🌞.

With almost 20 years of experience in the health space,

I want to share with you everything I've learned!

In my emails, I usually cover topics like:

- Unknown anti-aging hacks Big Beauty hides from you
- The 2500-year-old “Greek method” to heal your gut and become disease-free
- Why Bluezone is BS + what you can do to achieve the same promised longevity
- The #1 technique to put your sex hormones on steroids to pleasure your partner!

And much, much more!

By the way...

At the end of this email,

A discount code awaits you that only email tribe members have access to!

I have put the code somewhere at the end of the email.

Use it to save some cash next time you purchase [Saint Alchemy cosmetics](#) to nourish your skin and get that youthful glow—naturally.

So, like I said...

In the next emails, you can expect some newfound knowledge that has never been discussed before.

This means you'll be one of the first to discover some vitality-boosting secrets...

So add me to your email contacts to make sure you get all this stuff.



“What made you who you are today, Kelly??”

In 2008, I struggled with constant tiredness and depression, which left me exhausted... So I changed my diet to whole foods and spent a year doing:

- Water fasts
- Juice fasts
- Colon cleanses

It was an interesting year... (But at least I learned a ton about health and the power of nutrition, supplements, herbs, and fasting.)

In 2011, I co-opened a vegan café and worked as the head chef, creating an organic, plant-based menu.

My love for nutrition pushed me to go back to school in 2014 as a pre-med student.

I took many nutrition courses, more than most doctors.

I shadowed medical doctors and practitioners in:

- Naturopathy
- Osteopathy
- Traditional Western medicine

To see how they treat patients.

BUT I BECAME VERY UNHAPPY WITH WHAT I SAW...

The mainstream “Western Medicine” approach primarily focuses on treating symptoms with drugs and dangerous surgeries.

Insurance and pharmaceutical companies shape the curriculum—**for MAXIMUM PROFIT\$!**

Most of the medical doctors I spoke with only talked about their status, their trip to Hawaii, and their Porsche in the parking lot...

In other words...

PASSION FOR MONEY, NOT HEALTH AND THE HUMAN BODY!

Luckily, the naturopathic doctors I’ve spoken to and studied from were different.

They were actually passionate about helping others and they did their job well.

The problem is...

When I was interning under naturopathic doctors...

Several naturopaths literally straight-up told me: **“DO NOT DO IT!”**

That’s right, the naturopath doctors I aspired to be like advised me not to become a naturopath doctor!

Because they were up to their eyeballs in debt with no way out...

This is because insurance does not cover naturopathic medicine in most of the world.

The medical system is truly broken...

[This article](#) looks at the impact of the 1910 Flexner Report.

Because of this report, herbs and natural treatments were mostly removed from American medicine.

Powerful groups, including the Hopkins Group, John D. Rockefeller, and the Carnegie Foundation, played a big role in this change.

But I wasn't going to let ***The System*** stop me.

I kept making natural products...

I was (and still am to this day) reading the latest health science...

Picking doctors' brains any chance I got...

And in 2022, I became a certified nutritional therapist.

I realized that the best way to help people reach their highest vitality was through private coaching,

Using holistic and traditional healing methods that have been practiced for 1000s of years.

In 2023, I tried the carnivore diet for 6 months.

And without doubt, I got good results...

But then I finally discovered the most balanced diet: an omnivore diet.

This includes both plants and meat, focusing on light environment and mitochondrial health.

Noticing from a young age that most cosmetics are filled with carcinogenic chemicals,

I started making natural cosmetics in my late teens.

This is why I decided to launch my all-natural Saint Alchemy cosmetic line in 2023.

What am I doing now??

I live in Hawaii to take advantage of the natural sunlight for better health. **#LatitudeMatters**

As a metabolic health coach and product maker, I have helped many clients, including myself, improve gut health, skin health, and prevent chronic diseases.

My goal is to help you achieve your best health and vitality through personalized, holistic strategies, health plans, and vitality-boosting health hacks!

But now as promised...

Here's the discount code you have waited for...

WELCOME10

Use this code on my website when checking out to get 10% off on all [Saint Alchemy products!!](#)

To the best of your health and vitality,

Kelly