



Healing on Every Level

A Guide to Understanding Whole Person Health

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INTRODUCTION

Why One Layer Is Never Enough

If you have spent years trying supplement after supplement, following protocols that work for everyone else but not for you, or chasing a diagnosis that never quite explains how you feel - you are not alone, and you are not broken.

What you may have encountered is an approach that addresses only one layer of your health while the others go untouched. True health is not a single problem with a single solution. It is a living, interconnected system - physical, emotional, energetic, and spiritual - and when any one layer is out of balance, it affects all the others.

This guide walks you through the four levels of health that Dr. Vladimira Dragnea addresses in her practice at Blooming Health LLC - and why working with all four is often what makes lasting change possible.

WHO THIS IS FOR

You might see yourself in this if:

- You have tried multiple approaches - diets, supplements, treatments - and still do not feel well
- Your labs come back normal, but something clearly is not right
- You sense that your health challenges run deeper than what you have been told
- You have made real lifestyle changes and still feel stuck

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- You are dealing with fatigue, digestive issues, hormonal shifts, or weight concerns that conventional medicine has not resolved
 - You are ready to look at your health as a whole - body, mind, energy, and spirit

"Your body is always trying to heal. Our job is to help it find the way."

CONTEXT

Why Most Approaches Do Not Fully Work

Most healthcare models are built around a single layer of health at a time. A nutritionist focuses on food. A supplement protocol targets physical deficiencies. A therapist addresses emotional patterns. A physician treats the presenting symptom.

Each of these has real value. But when your health challenges involve more than one layer - and they almost always do - addressing only one produces incomplete or temporary results. You feel better for a while, then plateau. Or you fix one thing and something else surfaces.

This is not a failure of willpower or the wrong supplement choice. It is often the result of treating parts of a system while the system itself remains unaddressed. The four-level framework below is designed to change that.

LEVEL 1

Physical Health - Nutrition, Herbs, Supplements, and Homeopathy

The physical body is where most people begin - and for good reason. Symptoms like fatigue, bloating, pain, and weight changes are the body's clearest signals that something needs attention.

At this level, Vladimira works with:

- **Whole-food nutrition** - identifying what your body actually needs, not what a generic protocol recommends
- **Herbs and botanical remedies** - plant-based support that works gently alongside the body's own processes
- **Targeted supplementation** - used precisely and purposefully, not as a scattershot approach
- **Homeopathy** - highly individualized remedies based on your specific symptom picture

Taking the guesswork out - muscle and energy testing

Rather than guessing which supplements might help, Vladimira uses muscle testing - a practice founded by Dr. George Goodheart, DC, in the 1960s - to let the body identify what it actually

needs. The result is a protocol calibrated to you specifically, not a standard recommendation.

LEVEL 2

Emotional and Mental Health

Physical symptoms rarely exist in isolation. Anxiety, grief, chronic stress, and long-held emotional patterns can manifest as real, measurable physical effects - disrupted digestion, hormone imbalance, sleep difficulties, and more. This is not a metaphor. It is physiology.

At this level, Vladimira works with:

- **Bach flower remedies** - gentle vibrational essences that address specific emotional states, from fear and overwhelm to resentment and self-doubt
- **Homeopathy for emotional patterns** - constitutional remedies that address recurring emotional tendencies alongside physical symptoms
- **Awareness work** - helping clients see how emotional patterns may be contributing to the challenges they are experiencing

This is not about assigning blame for illness. It is about recognizing that the mind and body communicate constantly. When emotional patterns are supported, physical healing often follows more completely.

LEVEL 3

Energetic Health - The Eden Method

Every living body has an energy system - a network of fields and flows that influence how every other system functions. This is not a new idea; it has been understood in healing traditions around the world for thousands of years.

Vladimira is a certified Eden Energy Medicine Advanced Practitioner (EEM-AP), trained in the method developed by Donna Eden. EEM works with nine distinct energy systems in the body - including meridians, chakras, the aura, Five Elements, Celtic Weave, Triple Warmer, Electrics, Radiant Circuits, and Basic Grid - each of which plays a role in physical and emotional wellbeing.

When these systems are blocked or depleted, the effects can show up as fatigue, brain fog, immune challenges, emotional dysregulation, and pain. Balancing them does not replace physical or emotional care - it helps your body make better use of everything else you are doing.

LEVEL 4

Spiritual Health - Alignment, Clarity, and Purpose

Spiritual health, as Vladimira approaches it, has nothing to do with religion. It is about alignment - living in a way that reflects who you truly are, what matters to you, and what you are here to do.

Chronic illness and unresolved emotional weight have a way of clouding that clarity. As the other layers of health are supported, something opens up. Many clients find themselves with more energy for what matters, a clearer sense of direction, and a renewed sense of possibility.

This level is never forced. It emerges as the other work deepens. But for many clients, it becomes the most meaningful part of the process.

"When people heal on every level, they often discover not just better health - but a life they actually want to be living."

BRINGING IT TOGETHER

What Working With Vladimira Actually Looks Like

The four levels in this guide provide the framework. The work itself is always individual. Here is how the process typically unfolds:

- **A first consultation** - Vladimira takes time to understand your full picture: your history, your symptoms, your life circumstances, and what you are hoping to change
- **A personalized plan** - drawing from whichever levels are most relevant for you right now. Some clients begin at the physical level. Others need emotional or energetic support first. Many need attention across all four
- **Ongoing work over several months** - healing at this depth is not a quick fix. Most clients begin noticing meaningful shifts within a few months, with deeper changes building over time
- **Adjustments along the way** - as you change, the plan changes. Vladimira works with you as a collaborator, not just a practitioner

You bring your willingness and your observations. Vladimira brings her training, her tools, and her full attention. That combination is where real change happens.

WHAT TO DO NEXT

If This Resonated With You

If you recognized yourself somewhere in this guide - in the frustration of approaches that only went so far, or in the sense that your health is more layered than you have been told - that recognition is worth following.

Healing on every level is possible. It is not instant, and it is not the same for everyone. But for people who are ready to look at the whole picture, the results can go far beyond symptom relief.

Vladimira's role is not to have all the answers before you walk in the door. It is to listen carefully, assess thoroughly, and walk alongside you as the process unfolds. The first step is simply a conversation.

Ready to Begin Your Healing Journey?

Call or text Vladimira directly to learn more or schedule a consultation.

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This guide is for educational purposes only and does not constitute medical advice, diagnosis, or treatment. Please consult a qualified healthcare provider before making changes to your health regimen. Results may vary.