

# Biographical Summary

## *LaShay Canady*

*B.S. – Holistic Health & Wellness  
ARCB Certified Professional Reflexologist  
Certified Master (Medical) Herbalist  
Holistic Health Specialist*



LaShay Canady is a passionate practitioner of the holistic health and wellness industry. Her primary goal is to support the body's own recuperative efforts. She draws on several modalities in her practice to assist her clients in achieving optimal health. She has been engaged in individual and group healing work for several years as a certified reflexologist, health care consultant and certified master herbalist. Her experience and knowledge includes years of reflexology, herbal medicine, aromatherapy, holistic nutrition, holistic pathophysiology, holistic pathology, homeopathy, and consulting.

LaShay is known for her relaxed and lovingly supportive presence and outstanding interpersonal skills. As a consultant, she brings out the best in people with her no-nonsense yet compassionate approach. Through a cutting edge combination of reflexology, botanical medicine, and a comprehensive health and wellness plan, she assists people to create palatable remedies/solutions that selectively support the body in the natural restoration of health by improving nutrition. LaShay has also coached numerous clients in implementing tools for increased health, well-being, and a more natural balanced way of life.

LaShay has worked with clients that include Goodwill School-to-Work program, Athena Festival workshops, and is the Associated Reflexologists of Colorado (ARC) Membership Secretary.

She is the founder and president of The B.O.S.S. Group LLC. The B.O.S.S. Group stands for the **Beauty Of A Solo Spirit** and is committed to self-care, personal healing and self empowerment through holistic health. LaShay is an alumni of the Metropolitan State College at Denver.

The b.o.s.s. group llc 13918 e. mississippi ave #129, aurora, co 80012  
303.695.7695 voice ~ 720.224.9117 fax  
herbalist@thebossgrp.net ~ www.thebossgrp.net

