



## *Frauke Fiedler-Vaartjes*

was born in 1977 during a white and cozy Christmas ski vacation in the beautiful French province of Vaison La Romaine. She spent her childhood in the maritime north of Germany and later migrated all over Germany. Growing up in a business family, she acquired her associate's degree in economics and a bachelor's degree in business. When she was twenty-two, after a long and painful struggle, her parents lost the final battle against a terminal disease, which triggered the fear of getting sick herself or anybody of her dear friends.

This fear sparked many changes in Frauke's lifestyle. She gave up smoking and became a fitness instructor in 2002. In 2003, she took online nutritional training while traveling and enjoying a one-year sabbatical in Colorado, USA, which became her home, and where she has been living for the past twenty years. The Wilderness of this vibrant and colorful state, which--in many ways has a powerful connection between soul and nature, helped Frauke with the transformation towards her true calling.

Frauke became a licensed massage therapist in 2007 and, shortly after, in 2010, a medical aesthetician. After becoming an American citizen the same year, she married her fantastic husband, Peter, and gave birth to their beautiful baby daughter Maya. In 2011 she opened her wellness center Corpus Sanus Spa in Silverthorne, offering massage therapy, aesthetics,

acupuncture, sauna, and other detox modalities. While working in both professions for many years, and through practical and empirical findings, she discovered that acquiring a healthy lifestyle, instead of taking medications, had an observable and positive improvement in her patients' health conditions.

In 2015, Frauke decided to become a Nurse Practitioner and started her sixty-four credits of nursing prerequisites. While finishing these rigorous studies, she received an additional EMT license. As EMT, she realized that specific medical emergencies could efficiently resolve patients' health conditions with less invasive measures otherwise offered by more in depth treatments. More importantly, patients could prevent these emergencies with different lifestyle choices – which doctors have not addressed diligently to patients.

This holistic healing experience was an eye-opener, and Frauke, at the age of forty-one, reconsidered what she wanted to do as she heard her heart asking about her vocation and life calling. It took a mountaineering bone breaking accident on Mt. Princeton and a truly gifted acupuncturist to answer this question. After the acupuncturist was able to heal her extensive knee injuries in what seemed to be the shortest time record, Frauke got curious about this approach to medicine, which ironically she always had dismissed as a 'waste of money.'

In 2018, Frauke started a four-year master's degree in Taoism and Classical Five Elements Acupuncture. However, an important self-journey and the pandemic stopped her for two years. Now, while growing through this astonishing medicine approach and life-changing

eastern medicine methods, she is excited to start transforming your health and, with this revolutionary holistic practice, your life.