

# **Discover The 'Empath Switch' for Naturally Turning UP Her Energy, Vitality and Joy**

And Fully Embrace Her Empathic Gifts as a  
SUPERPOWER of Love and Compassion

*Now thousands of highly sensitive people use this 30  
second ritual to turn down their stress and overwhelm  
and enjoy flowing energy and vitality instead.*

**Hi, my name is Emily.**

Over the next few minutes, I'm going to share a  
story that nearly ended in disaster.

A moment where I got flooded with so much  
stress and emotion...

**It nearly triggered a terrible accident.**

Yet dicing with death led to a breakthrough.

**It led to me discovering the 'Empath Switch'.**

A 30 second ritual I now use to turn DOWN bad feelings and energies...

**While turning UP my energy, vitality and joy**

A switch that doesn't involve any nasty chemicals or side effects.



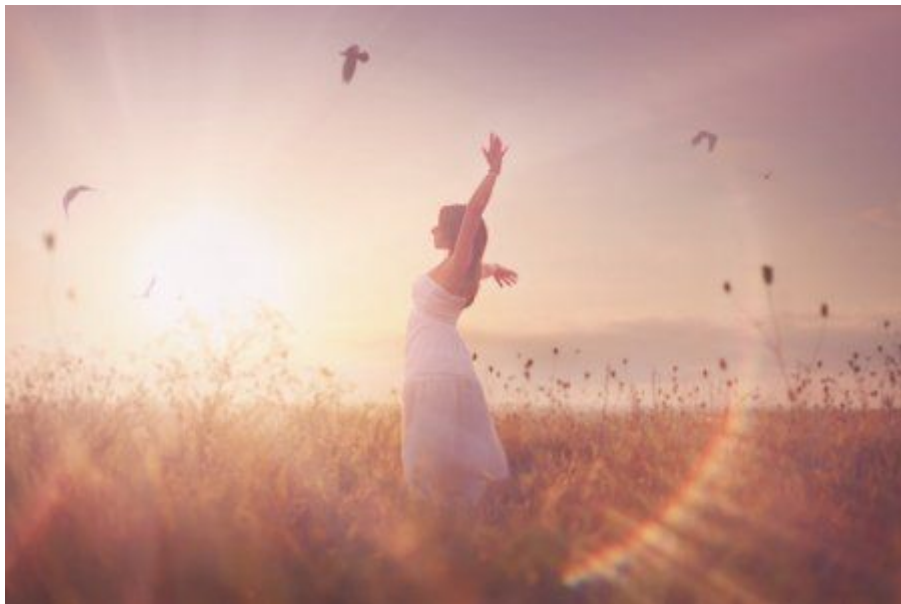
Yet has been studied by Harvard Health, Medical News Today and The Mayo Clinic for its ability to relieve chronic fatigue.

**And a switch that's now helping thousands of highly sensitive women to calm nervous thoughts... feel more engaged... energized... and happier in daily life.**

This includes Amy C from LA.

She says *"Wonderful! Thanks so much!! I can truly tell a difference in how I feel!"*

While Barbara K says, *"Just wanted you to know my results have been fantastic, nervousness is down and I haven't had any kind of an allergic reaction."*



**In a couple of minutes I'll reveal what the 'Empath Switch' is and how you can use it from the comfort of home.**

First, allow me to explain how it came about...

**For a long time, I'd been dealing with so much stress and exhaustion I could scream.**

**As an empath, I naturally have a caring nature. I'm always eager to help those in pain.**

But sadly, this often led to me attracting the wrong people.

**My boyfriend was dealing with personal demons, drug issues... and he could be abusive at times.**



I also worked as a nurse on a hospital ward.

While I loved caring for patients... it left me severely drained.

I'd finish my shift so flooded with emotions I could burst.

And burst I did... at the WORST moment possible.

**I hated driving on the freeway at the best of times.**

All that zooming traffic made my head spin.

And one day...

## Some jerk started tailgating me in the middle of six lanes of hurtling cars

Before overtaking...

Honking his horn...

And flipping me the bird in his mirror.



Most people may have brushed this off... or given him the finger back (*I wish I had*).

But my emotions were so brittle that day.

*"Why can't people be nice to each other, is it too much to ask?"* I'd thought.

**Yet that moment of spite had hurt me to the core.**

It had driven a spike into the wall holding back my emotions...

Making it burst...

**And release a flood of stress, anger and pain I'd been bottling up inside.**

Emotions so overwhelming I couldn't handle them anymore.

And I had...

### **A severe panic attack that left me reeling**

*"Why's my heart pounding like this? Am I going to DIE?"* I thought.

My vision then got blurry... I felt weak, dizzy... my hands numb on the steering wheel... my brow covered in sweat... and like I was losing my grip on reality.

Was I about to die?

**I knew if I didn't get off the freeway soon I risked causing a catastrophic pile up.**



So I started gulping down breaths...

Calming my racing thoughts...



And slowing my pounding heart...

Until I could take a slip road to safety.

## **That day my stress and exhaustion nearly killed me**

I had to find a way of getting my stress under control before it was too late.

Because I knew that many empaths fall victim to damaging numbing behaviors.

**Whether it's comfort eating... alcohol... drugs... shopping.. or loveless sex... many highly sensitive women will do anything to drown out their sensitivities.**



This wasn't the path I wanted to go down.

**I wanted to feel in control of my emotions, not overwhelmed by them.**

So I went to my doctor for help.

But I soon discovered...

## Mainstream Medicine is CLUELESS on Managing the Stress Empaths Deal With

All my doctor could do was check my health markers...

Warn me that my stress levels were rocketing out of control...

And tell me that unless I got more sleep and learned “to relax”, I risked erratic blood pressure issues...

**Even a fatal heart attack or debilitating stroke.**



He then wrote me a prescription for mood stabilizers and sleeping pills.  
And sent me on my way.

**But dosing myself to the eyeballs wasn't the solution I wanted.**

I wanted to be able to embrace my sensitivities. Not dull them.

To feel the world's joy.

To engage with people and enjoy life.

**And use my superpowers to spread love and compassion in the world.**

If my doctor couldn't help me manage my stress in a healthy way, what could?

## **Was There Something Wrong with Me?**



Ever since I was a kid I'd been told to *"stop being so sensitive"* or to *"get a thicker skin"*.

Were those people right?

**Or was there a deeper reason why I felt so drained by people...**

headachy after a trip to the grocery store...

And had to lie down in a darkened room every day to heal?

I jumped on Google to find out.

**It didn't take me long to discover WHY so many women are stressed out these days...**

and why empaths are more at risk of stress than most.



It's due to a condition known as...

## ADRENAL FATIGUE

I'd heard a lot about 'adrenal fatigue'.<sup>1</sup>

But until then, I didn't really understand what it was.

Here's what I found out...

### The Way We Respond to Stress is Like a Waterfall

When we find ourselves in a stressful situation, it releases a stress signal in the brain.<sup>2</sup>

This stress signal flows to two walnut sized glands above the kidneys called the 'adrenals'.

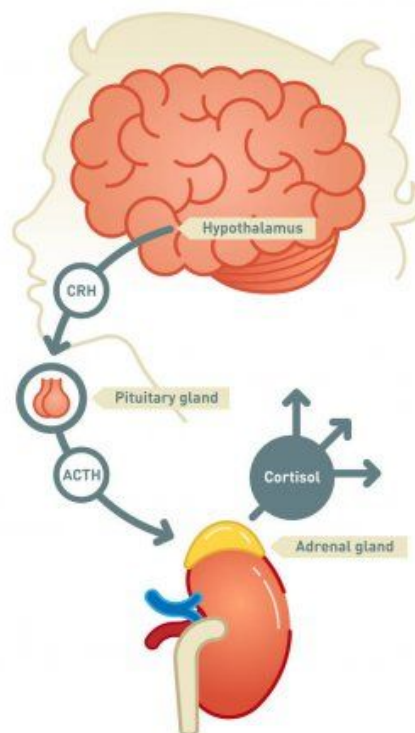
**The adrenals then release the stress hormone cortisol.**

At normal levels, cortisol gives us energy and keeps us motivated.

It's cortisol that creates the "fight or flight" response.

**But if our adrenals get overloaded with too many stress signals, they get tired.**

The adrenals then can't manage cortisol at a healthy level.



<sup>1</sup>

<https://www.mayoclinic.org/diseases-conditions/addisons-disease/expert-answers/adrenal-fatigue/fdq-20057906>

<sup>2</sup> <https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response>

As they get worn out you get the condition known as ‘adrenal fatigue’.

As popular internet physician Dr. Axe says, once the adrenals “*no longer pump out all the necessary hormones we need to function well and feel good, symptoms start to kick in.*”<sup>3</sup>

Symptoms of adrenal fatigue include:

- X Chronic exhaustion**
- X Too tired and overwhelmed to do much**
- X Low moods and feeling unmotivated**
- X Difficulty sleeping**
- X Digestive issues**
- X Craving salty and unhealthy foods**

The result is a tired and unhappy empath.

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<sup>3</sup> <https://draxe.com/health/adrenal-insufficiency/>



If any of the symptoms sound familiar...

It's likely you're suffering from adrenal fatigue already.

**And if left to fester, adrenal fatigue can make your health worse in lots of terrible ways.**

It can trigger unhealthy blood pressure... erratic blood sugar... heart palpitations... and panic attacks.

**It can even make you chronically ill.**

Well, after reading about the dangers of adrenal fatigue, I was more worried than ever.

I'd already had a major panic attack in the middle of the freeway.

**I knew I needed help.**

My mainstream doctor didn't seem to have a clue about adrenal fatigue.  
So I started looking for a naturopath.

**Naturopaths specialize in healing the body and mind the natural way.**

And I wanted to find a naturopath who specializes in helping highly sensitive people. Someone who knows about the energies and emotions we absorb.



Well, it took me several hours of hunting on the internet to find one, I can tell you!

I was close to giving up.

Yet, finally, I made a breakthrough.

**I read in a forum about a naturopath with a weird ritual that had been life transforming for many people who'd tried it.**

**A Naturopath Called Dr. Tara Michelle.**



Dr. Tara Michelle is a natural physician, educator and wellness weaver.

**For over 20 years she's helped empaths to gain control of their sensitivities.**

Women who feel like a sponge for other people's pain and negativity.  
And get so exhausted they want to curl into a ball and cry.

**Yet women who also yearn to feel relaxed around people...**

To find work that harnesses their superpowers for caring and compassion...

To feel comfortable in crowds and form lasting relationships...

**And are able to create healthy boundaries so they're treated with respect.**

Well, after reading about all the empaths Dr. Michelle had helped, I tracked down her details and booked a video call.



**I'll admit, I was nervous about talking about my personal issues over the internet.**



Yet within minutes, Dr. Michelle put me at ease.

**Despite being over 1,000 km away, she had this calming, confident aura.**

From the loving, caring look in her eyes, I could tell she was an empath, just like me.

Suffice to say, it didn't take me long to start pouring my heart out...

*"My boyfriend sucks everything from me," I confessed to Dr. Michelle.  
"He can also be abusive. I think it's down to doing heavy drugs."*

I told her how I'd convinced myself that if I showed him enough love he'd change.

*"But the more I kept sweeping things under the rug, the worse it gets," I admitted.*

I then told Dr. Michelle about how drained I felt after work. And I confessed to falling victim to the numbing behaviors I'd been desperate to avoid...

*"Keeping my energy contained is a daily battle. I am so nervous and angry, drinking and smoking too much, eating twice as much as I should."*

**I then told her about my panic attack in the middle of the freeway...**

How I'd been to see my doctor for help...

But all he could do was write me a shopping list of expensive medications.



Dr. Michelle nodded sagely.

**She had a knowing smile. Like she'd heard stories like this before.  
She knew what I needed to do.**

Then what Dr. Michelle told me next turned everything I thought I knew about being an empath upside down.

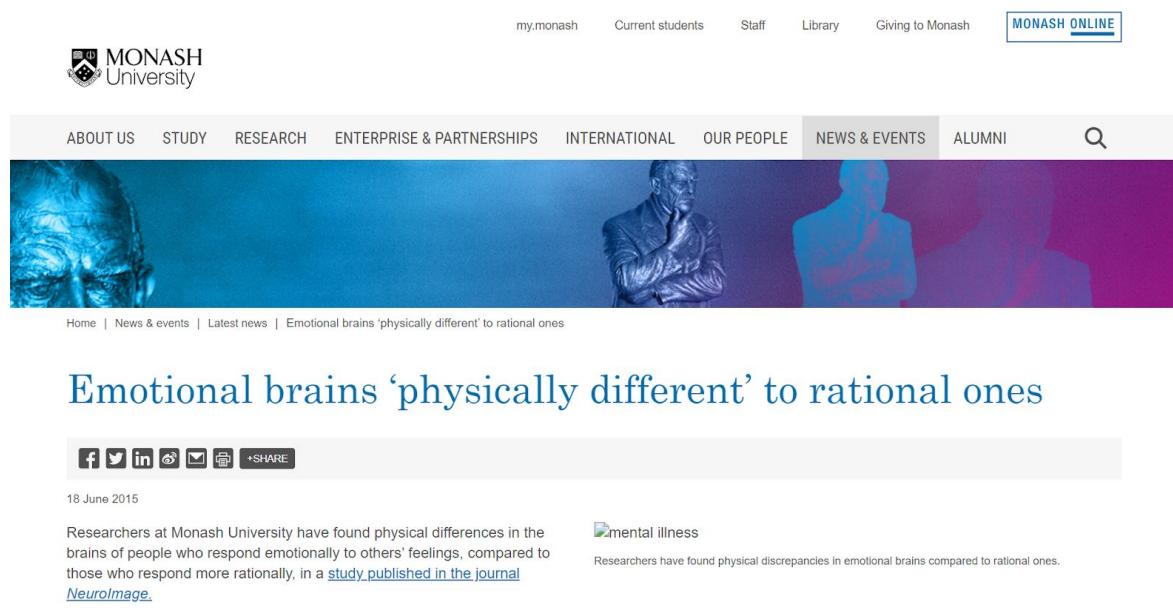
Here's what she said...

## Empaths are 'Super Absorbers'

The reason we get so stressed and tired is because we FEEL the world more than most people.

**In fact, breakthrough research by scientists from UCLA and Monash universities has revealed our brains are different.<sup>4</sup>**

The parts of our brains that detect energy and emotion are BIGGER than in most people.



The screenshot shows the Monash University website with a news article. The header includes the Monash University logo and navigation links: my.monash, Current students, Staff, Library, Giving to Monash, and MONASH ONLINE. Below the header is a navigation bar with links: ABOUT US, STUDY, RESEARCH, ENTERPRISE & PARTNERSHIPS, INTERNATIONAL, OUR PEOPLE, NEWS & EVENTS (highlighted), and ALUMNI. A search icon is also present. The main banner features a blue and purple image of a person's face. Below the banner, the article title 'Emotional brains 'physically different' to rational ones' is displayed in blue. Social media sharing icons (Facebook, Twitter, LinkedIn, YouTube, Email, Print) and a '+SHARE' button are shown. The date '18 June 2015' is listed. The article text states: 'Researchers at Monash University have found physical differences in the brains of people who respond emotionally to others' feelings, compared to those who respond more rationally, in a [study published in the journal NeuroImage](#).' A small image of a brain is shown next to the text. A link to 'mental illness' is also visible.

This is why we have such deep compassion and caring.

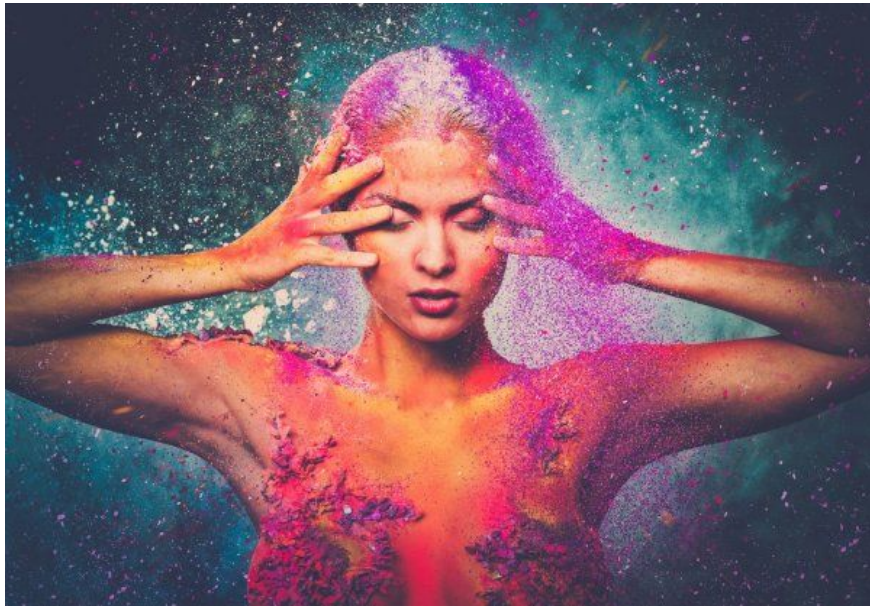
It's because we FEEL the world so much.

It's something we're born with.

Which means being an empath is truly a gift.

**A SUPERPOWER!**

<sup>4</sup> <https://newsroom.ucla.edu/releases/empathy-detected-brains-at-rest>



An ability to shine compassion and caring in the world (*which let's face it, the world needs now more than ever*).

So if you've ever been told you're “*too sensitive*” or “*need a thicker skin*”...

It's not your fault.

## **You're Perfect Just the Way You Are**

But there's a downside to being an empath.

**When you can't manage the higher levels of emotion you feel, it can be draining.**

Absorbing too much negative energy and emotion can lead to:





**Feeling so tired you could cry**



**Overwhelmed with stress**



**Problems sleeping due to nervous thoughts**

**Feeling disconnected from others and isolated at home**

Our caring nature can also leave us vulnerable to energy vampires and people who drain us.

So you need a shield to protect yourself.

## **You Need a Way of Turning Down Negative Emotions While Turning Up the Joy, Positivity and Light You Feel**

This is exactly what the 'The Empath Switch' can do for you.

It's an all natural 30 second ritual that allows you to enjoy:



**Flowing natural energy that keeps you motivated throughout the day**



**Supercharged vitality for projecting your empathic powers of love and compassion**



**Happier thoughts and feelings that allow you to engage with the world without feeling exhausted**

In fact, it's so potent...



## Many Doctors Now Recommend it Instead of Mood Stabilizers and Dangerous Chemicals.

This includes Dr. Kim Langdon from Columbus, Ohio:

*"In all my years as a medical doctor, I haven't seen anything this effective. As a clinical doctor with over 19 years of clinical experience, I've found many empaths notice improved energy, concentration and vitality, while enjoying less stress, fatigue and brain, within just a few weeks."*



So if you suffer from feeling stressed... nervous thoughts that keep you awake at night... and so exhausted you have to find a darkened room to heal...

## The 'Empath Switch' May Be the Groundbreaking Stress Solution You're Looking For

Yet if you've been suffering from stress and exhaustion for a long time...

**The idea of turning your stress levels, like flicking a light switch, can sound too good to be true.**

So allow me to share the science on how it works.

**And how the 'Empath Switch' relieves adrenal fatigue in a revolutionary new way.**

## Adrenal Fatigue is Chronically Under Diagnosed

Millions of women suffer from exhaustion and low moods. But with no clue adrenal fatigue is the cause.

**Medical science is still in the dark about this widespread condition.**

There are countless women who've gone to see their doctor only to be told their adrenal test results are NORMAL.



**But their adrenals were not healthy, despite what the tests said.**

These women are then given a shopping list of costly medications for their symptoms.

But medications little better than band aids.

**Because they do NOTHING to help the adrenals get healthy again.**

It may be decades before traditional doctors catch up.

Dr. Michelle then told me how she...

**Went on a Quest to Find a New Solution to Adrenal**

## Fatigue

A solution that doesn't involve chemicals or side effects.

**Yet nourishes the adrenals to full health. And supports them in managing the high stress levels empaths feel.**

She spent hundreds of hours reading through medical journals, obscure research papers and the latest science on adrenal health.

**A research journey that led her to reading about ancient Ayurvedic and Traditional Chinese remedies...**

Remedies for lowering stress while releasing flowing energy and lifted mood...

And remedies made from a special family of roots and herbs called...

## ADAPTOGENS



Dr. Michelle then told me how adaptogens have unique properties that help the adrenals ADAPT to stress.

As Dr. Brenda Powell from Cleveland Clinic says *“Adaptogens help your body handle stress. They’re meant to bring us back to the*

*middle... when you take adaptogens, you're training your body to handle the effects of stress.”<sup>5</sup>*

Dr. Michelle revealed how, in the last century, there's been feverish research into unlocking the secrets on how adaptogens work.

This includes...

## **Hundreds of Experiments by Soviet Scientists**

Whether they were trying to create a super soldier, the records don't say.<sup>6</sup>

Yet what we do know is that soviet scientists were so IMPRESSED they started giving adaptogens to their astronauts, pilots and submarine crews.<sup>7</sup>

The popularity of adaptogens has grown ever since.



Extreme performers, deep-sea divers, rescue workers and explorers now all take adaptogens to relieve stress and get more get-up-and-go.

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<sup>5</sup> <https://time.com/5025278/adaptogens-herbs-stress-anxiety/>

<sup>6</sup>

<https://www.nationalgeographic.com/culture/food/the-plate/2016/08/long-before-doping-scandals--russians-were-studying-performance-/>

<sup>7</sup>

<https://www.vox.com/the-goods/2018/11/2/18026400/adaptogens-moon-juice-amanda-chantal-bacon-ashwagandha>



You can now buy adaptogen infused coffee in Sephora. And you'll find them sold in mainstream stores like Nordstrom, Barneys, and Urban Outfitters.<sup>8</sup>

**But Dr. Michelle told me many of these mainstream adaptogen remedies are weak, at best.**

They don't contain the correct adaptogens in the correct amounts for adrenal fatigue.

Because after countless more hours of research...

**Dr. Michelle discovered 3 adaptogens few people know about. Yet are incredibly potent at relieving adrenal fatigue.**

She also discovered the optimal amounts for highly sensitive empaths.

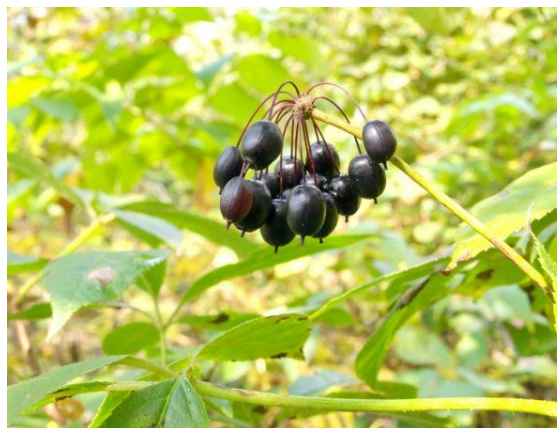
Allow me to share them with you...

## **Empath Adaptogen # 1: Eleuthero**



Eleuthero grows in the frozen prairies of Outer Mongolia and Siberia.<sup>9</sup>

It's a woody shrub with gnarly looking berries. Berries that local reindeer munch on for energy and endurance.

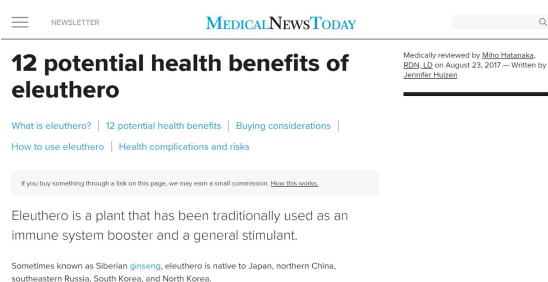


In fact, local people prize eleuthero's root so highly an Ancient Chinese proverb says *"I would rather take a handful of eleuthero than a cartload of gold and jewels."*<sup>10</sup>

**Modern day naturopaths are just as big fans of this root.**

Well known functional health expert Dr. Amy Meyers writes that eleuthero is remarkable at *"helping the body cope with stress."* It also supports the adrenals in supporting *"nervous system functioning and healthy energy levels. Eleuthero contains compounds that combat fatigue and burn fat for energy."*<sup>11</sup>

While Medical News Today states that *"[Eleuthero] contains compounds known to help overcome exhaustion and prevent its side effects."*<sup>12</sup>



Eleuthero's energy lifting benefits are proven in studies too.

The Institute of Nutrition and Food Sciences in Taipei gave eleuthero to a team of college athletes for one month.<sup>13</sup>

**By the end, the scientists were stunned to discover the athletes' could perform at their peak 23% longer than before!**

<sup>9</sup> <https://www.medicalnewstoday.com/articles/319084>

<sup>10</sup> The Sexual Herbal: Prescriptions for Enhancing Love and Passion By Brigitte Mars

<sup>11</sup> <https://www.amymyersmd.com/2018/08/adaptogens-stress-adrenal-fatigue/>

<sup>12</sup> <https://www.medicalnewstoday.com/articles/319084>

<sup>13</sup> <https://www.ncbi.nlm.nih.gov/pubmed/21793317>

## Empath Adaptogen # 2: Ashwagandha



Ashwagandha is an evergreen shrub that grows in India and parts of Africa. Its roots have been used since records began in remedies for relieving stress and nervous thoughts.<sup>14</sup>

*"Ashwagandha helps the body cope with stress," says Dr. Amy Meyers. "It is widely used to balance stress hormones, relieve anxiety, and increase energy in those suffering from adrenal fatigue."*<sup>15</sup>

Popular functional health expert Dr. Will Cole is a big fan too.

He says that *"research shows significant reduction in cortisol levels and significant reduction in self-reported stress in those taking ashwagandha."*<sup>16</sup>

This research includes a study of 60 adults by Murdoch University. They found that ashwagandha helps support the adrenals to provide a *"statistically significant reduction"* in stress.<sup>17</sup>

## Empath Adaptogen # 3: Panax Ginseng

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<sup>14</sup> <https://examine.com/supplements/ashwagandha/>

<sup>15</sup> <https://www.amymyersmd.com/2018/08/adaptogens-stress-adrenal-fatigue/>

<sup>16</sup> <https://drwillcole.com/all-about-ashwagandha-the-wellness-worlds-most-loved-adaptogen/>

<sup>17</sup> <https://www.ncbi.nlm.nih.gov/pubmed/31517876>

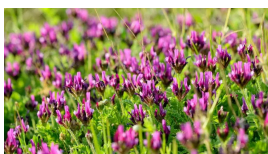


Panax ginseng grows in the mountains of Korea.<sup>18</sup> Studies now show it has benefits for all sorts of conditions, including erratic blood sugar, bone support and heart health.<sup>19</sup>

Respected internet physician Dr. Mercola lists Panax Ginseng as one of the *“most well-recognized adaptogens for adrenal support”*.<sup>20</sup>

After discovering Panax Ginseng, Dr. Michelle now had three adaptogens with solid science to support their benefits for adrenal health.

**She then told me how she’d combined them with five more adaptogens.**



**Astragalus root:** Helps calm the physical symptoms of stress. It may also help support a healthy immune system and keep organs working properly.

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<sup>18</sup> <https://www.healthline.com/nutrition/ginseng-benefits>

<sup>19</sup> <https://www.amymyersmd.com/2018/08/adaptogens-stress-adrenal-fatigue/>

<sup>20</sup>

[https://articles.mercola.com/sites/articles/archive/2018/04/09/adaptogens-for-adrenal-support.aspx?utm\\_source=dnl&utm\\_medium=email&utm\\_content=art1&utm\\_campaign=20180409Z1\\_UCM&et\\_cid=DM198919&et\\_rid=270580726](https://articles.mercola.com/sites/articles/archive/2018/04/09/adaptogens-for-adrenal-support.aspx?utm_source=dnl&utm_medium=email&utm_content=art1&utm_campaign=20180409Z1_UCM&et_cid=DM198919&et_rid=270580726)





**Rhodiola root:** Some studies suggest it helps with healthy metabolism and creating energy, endurance and strength.



**Licorice root:** You may know licorice for its sweet taste. Yet licorice also helps manage the production of stress hormones at a healthy level.



**Suma Root:** Some studies suggest Suma Root helps the body to relieve stress and strengthen the immune system in a natural way.



**Holy Basil Leaf:** A popular ingredient in herbal remedies for lifting mood. It's also thought to support a healthy inflammation response.

All of these adaptogens have been used for thousands of years in remedies for helping the adrenals better manage stress while releasing flowing energy and lifted mood.

And all now studied by modern day scientists for their revitalizing benefits.

So I highly recommend taking all of them as part of your daily self care ritual.

But to buy all of them separately would cost hundreds of dollars a month.

Money that many folks can ill afford right now.

So she found a manufacturer who could combine them for her.

A manufacturer who is:

✓ **Based in the USA**

- ✓ Follows good manufacturing processes and FDA Guidelines
- ✓ Uses **ONLY** natural ingredients and **ZERO** chemicals or additives
- ✓ Sources only the purest, highest grade ingredients
- ✓ Can combine them into a single **AFFORDABLE** capsule

After finding a manufacturer able to fulfill all these requirements...

And weeks of refinement and testing...

She created:

## The Empath Switch



A switch that turns down how the adrenals respond to stress and exhaustion while turning up feelings of energy, vitality and joy.

**A switch that could be life transforming for millions of women.**

I mean, just imagine...



## **How Much Happier Life Could Be if You Could Turn Down Negative Thoughts and Turn Up the Joyful Ones Instead**

It would mean no longer feeling headachy after a simple trip to the food supermarket...

**Less exhaustion after being around crowds...**

No more having to avoid the people who drain you...

**And finally feeling in control of your thoughts and emotion, rather than buffeted by them.**

Dr. Michelle told me how the 'Empath Switch' can also protect against dangerous numbing behaviors...

And relieve symptoms like erratic blood pressure, a racing heart and panic attacks.

This all sounded remarkable.

Yet I wondered...

### **How Long the Empath Switch Takes to Work?**

Dr. Michelle told me the 'Empath Switch' is made from all natural ingredients.

This means it doesn't contain any chemical stimulants, like caffeine.

So it's effect isn't instant.

**You're not going to get a 'jolt'... or a sudden change in your mood.**

Instead, its soothing powers develop over time.

It takes time for its natural ingredients to support your adrenals, rather than try to trick or stimulate them in any way.

So you'll need to be patient.

**Yet after 7 days, you may notice a 'calming' effect.**

Something you're worrying about right now won't seem so bad.



Then after 14 days this calming may be joined by a warm feeling. You may notice your thoughts seem happier.

**Then after 21 days you may start enjoying people's company without feeling so drained.**

Your work colleagues may say they're smiling more than usual.

Yet it's the 28 day mark when things really start transforming.

Because then the 'Empath Switch' will become harmonized with how your adrenals work.

**So they ignore negative energies while embracing the happier, more positive ones you experience.**

**All You Do is Flick the 'Switch' and Feel Your Emotions and Energy Levels Change.**



But there's one problem...

Dr. Michelle told me you can't just chop up all 8 adaptogens and add them to a herbal tea to make the 'Empath Switch'.

For the adaptogens to be effective, their active ingredient has to be extracted in large quantities.

**You also need the correct adaptogens in the correct amounts, otherwise it's nowhere near as effective.**

What's more, stocking up on all 8 adaptogens can be expensive.

Too expensive for most folks right now.

**So Dr. Michelle found a better solution.**

She found a manufacturer who could combine them for her into a single bottle.

A one-of-a-kind formula for relieving adrenal fatigue in empaths.

## She then Started Sharing it With the Highly Sensitive Women Who Desperately Needed It

And their feedback was AMAZING:



*"These little bottles fixed what multiple doctors and "specialists" couldn't, within weeks. I was having severe convulsions, rapid heart rate, feeling of heart stopping, extreme nervousness and all. With exercise and clean eating... Empath EV is a GODSEND. I feel like a whole new woman. Thank you to Dr. Tara and her team for creating this. You guys helped change my life."*  
Daphne R



*"I cant even begin to tell you how much better I feel. My head feels more clear and I have not just energy but it feels like I feel healthier. Thinking it was in my mind, I took the bottle to my doctor. she read the ingredients and said they all looked safe and all was good! She went on to say the amounts of the ingredients were very small and I could take more than two in a day. Most days I only remember to take one and Im feeling fabulous."* Andrea G-M



*"Believe it or not, IT ACTUALLY HELPS ME! I sleep better at night, I am happier when I am awake and Im not permanently stressed out all the time."* - Terri S

## Now Anyone Can Turn Their Empath Switch to 'ON'...

It didn't take long for these women to tell their friends about Dr. Michelle's little bottles of energy and joy.

**Soon Dr. Michelle was getting tons of emails, texts and Facebook messages from people desperate to get hold of it.**

'Word of mouse' then spread awareness like wildfire.

People started talking about it in all sorts of forums and empath support groups.

**Demand got so great Dr. Michelle could no longer respond to people individually.**

So she did something drastic.

She decided to make the 'Empath Switch' available online to anyone who needs it.

**This would enable her to remove the middlemen, and make it affordable for anyone that needs it.**

Ever since, thousands upon thousands of empaths have started adding Dr Michelle's bottle to their daily self care ritual...

Their energy levels... vitality... and joy have all transformed as a result.

And now yours can too!

INTRODUCING:

## **Empath Energy & Vitality**

**8 clinically studied  
adaptogens**

**All natural  
ingredients**

**Flowing energy**

**Lifted mood**

**Restful sleep**



**Zero chemicals**

**Zero gluten, GMOs  
or additives**

**Made in the USA**

**Third party tested  
for purity**



## Empath EV is a one-of-a-kind energy and vitality revitalizing supplement just for empaths.

It's bio-available, completely natural formula contains all 8 of the clinically studied adaptogens I found are the most potent for supporting adrenal health.

And all in the optimal amounts for highly sensitive empaths.

**All the ingredients are natural and non-synthetic.** This means Empath EV contains ZERO fillers, ZERO additives, and ZERO harmful chemicals.

Just the natural gifts of Mother Nature. And in the most potent, pristine forms I could find.

In addition, Empath EV contains:

**L-tyrosine:** An amino acid some studies suggest can relieve low moods.<sup>21</sup>

**Vitamin B complex:** This is vital for absorption. Yet is missing from most off-the-shelf adaptogen supplements. This Vitamin B complex also supports red blood cell formation and brain health.<sup>22</sup>

**Vitamin C:** Helps support healthy collagen levels, iron absorption, immunity and the maintenance of cartilage, bones, and teeth.<sup>23</sup>

Supplement Facts	
Serving Size: 1 Capsule	
Amount Per Serving	
Vitamin C (as ascorbic acid)	30 mg
Vitamin B-6 (as pyridoxine HCl)	5 mg
Ashwagandha Root (2.5% extract)	200 mg
L-Tyrosine	100 mg
<i>Eleutherococcus senticosus</i> (0.8% extract) (stem)	50 mg
<i>Panax ginseng</i> (7% extract) (stem and leaf)	50 mg
Acerola Fruit (10% extract)	60 mg
Astragalus Root (5:1 Extract)	50 mg
<i>Rhodiola rosea</i> Root (3% extract)	25 mg
Licorice Root (4:1 extract)	25 mg
Suma Root (4:1 extract)	25 mg
Holy Basil Leaf (2.5% extract)	25 mg
BioPerine® (black pepper fruit extract)	5 mg

Other ingredients: Gelatin (bovine), rice powder, vegetables magnesium stearate and silicon dioxide. BioPerine is a registered trademark of the Sabinsa Corporation.

<sup>21</sup> <https://www.healthline.com/nutrition/tyrosine>

<sup>22</sup> <https://www.healthline.com/health/food-nutrition/vitamin-b-complex>

<sup>23</sup> <https://www.webmd.com/diet/features/the-benefits-of-vitamin-c>

## **Empath EV is The New ADVANCED Way to Enjoy Bliss and Happiness**

So you see, with its scientifically studied adaptogens...

premium grade natural ingredients and quality testing...

Empath EV really is a one-of-a-kind supplement for empaths.

**All you need to do is take two easy-to-digest capsules of Empath EV per day...** in combo with healing foods and a self love routine...

**And it feeds the adrenals with the CORRECT adaptogens...**

in the RIGHT amounts...

for calming the stress signals that flows to the adrenals.

### **What You Can Look Forward to with Empath EV**

- ✓ **Lasting energy that helps you feel perky from morning until bedtime**
- ✓ **Stable, calm moods for more pleasure in life and less worry**
- ✓ **Deeper, more restful sleep that gets you LEAPING out of bed in the morning**
  - ✓ **A clearer thinking brain with less brain fog**
- ✓ **Feeling more in tune with other people and less like an outsider**
- ✓ **Like you have a defense shield against energy vampires and the confidence to set boundaries against people who drain you**
- ✓ **Feel more in control of your sensitivities, and embrace them as a source of strength and compassion**
  - ✓ **The energy to live a more socially active life, and better equipped to form relationships that LAST**
- ✓ **Gain full control of your empathic gifts so you can fully shine your power in the world**

**1,000s of Empaths Now Use Empath EV Daily for Flowing Energy, Vitality and Joy**



*"These little bottles fixed what multiple doctors and "specialists" couldn't, within weeks. I was having severe convulsions, rapid heart rate, feeling of heart stopping, extreme nervousness and all. With exercise and clean eating... Empath EV is a GODSEND. I feel like a while new woman. Thank you to Dr. Tara and her team for creating this. You guys helped change my life."*

Daphne R



*"I cant even begin to tell you how much better I feel. My head feels more clear and I have not just energy but it feels like I feel healthier. Thinking it was in my mund, I took the bottle to my doctor. she read the ingredients and said they all looked safe and all was good! She went on to say the amounts of the ingredients were very small and I could take more than two in a day. Most days I only remember to take one and Im feeling fabulous." Andrea G-M*



*"Believe it or not, IT ACTUALLY HELPS ME! I sleep better at night, I am happier when I am awake and Im not permanently stressed out all the time." - Terri S*

## **Try Empath EV While it's Available**

I want you to experience how Empath EV can relieve your stress and allow you to embrace the world with love, joy and compassion.

**But I don't have the resources of large supplement companies.**

I'm only able to make Empath EV in small batches.

It's time consuming to make too.

Because making every bottle involves:

- **Sourcing all 8 adaptogens from premium grade suppliers. And ingredients like eleuthero can be hard to find.**
- **Combining them at our GMP manufacturing facility in the USA**
  - **Ensuring every bottle is third party tested for purity**
- **Provide customer support so that everybody who buys Empath EV gains its full transformative benefits**

So you see, making Empath EV is a lengthy one.

It's a process that mustn't be rushed. But it also means...

## **There's a Risk I'll Run Out at Any Moment**

Empath EV is the only supplement developed just for empaths.

And after trying Empath EV and discovering how lifted and joyful it helps them feel...

**many customers recommend it to their friends and family.**

Because let's face it, it's not only empaths who need help relieving stress and overwhelm right now.

The world is going through a tough time.

**And helping more of us become healers and sources of compassion is more important than ever.**



As a result, many people are buying multiple bottles of Empath EV at once.

While this makes me burst with pride...

It's another reason why I often run out of stock.

When that happens, I have to take this website down.

**So if you'd like to experience what changes Empath EV can bring to your energy, emotions and life...**

I recommend scrolling down the page and clicking the order button to get your bottle right now.

First, you may be wondering...

## **How Quickly You Can Expect Results**

Empath EV is made from all natural ingredients.

This means it doesn't contain any chemical stimulants, like caffeine.

So it's effect isn't instant.

**You're not going to get a 'jolt'... or a sudden change in your mood.**

Instead, Empath EV's soothing powers develop over time.

It takes time for its natural ingredients to support your adrenals, rather than try to trick or stimulate them in any way.

So you'll need to be patient.

**Yet after 7 days, you may notice a 'calming' effect.**

Something you're worrying about right now won't seem so bad.





Then after 14 days this calming may be joined by a warm feeling. You may notice your thoughts seem happier.

**Then after 21 days you may start enjoying people's company without feeling so drained.**

Your work colleagues may even say they've noticed you smiling more as well.

Yet it's the 28 day mark when things really start transforming.

Because then the 8 adaptogens will become harmonized with how your brain and adrenals work.

**So they ignore negative energies while embracing the happier, more positive ones you experience.**



*"I was cautiously optimistic after reading through the page. I started taking Empath EV about 20 days ago and noticed a clear difference. I think this truly helps and I'm glad that I decided to try it out!" – Emily Kaden*

**Normally Empath EV Retail for \$67 Per Bottle...**

That's what my accountant told me what to charge.

Considering all the life changing benefits Empath EV provides, I knew many people would gladly pay this amount.

But I'm not doing this for the money.

**I created Empath EV to help people.**

So, for a limited time, through this website only...

You can get a bottle at a near 50% discount.

**Just \$37.00 a bottle.**

And that includes postage and packing, which would normally add another \$9 on your order.

**At \$37.00 True Empath costs less than a Starbucks coffee per day.**

Yet with none of the jitters or nervousness.

Just flowing energy, lifted moods, and more joy in daily life.

Yet, like I said, within four months is when you can expect to start gaining the most benefits from Empath EV.

Empath is like a multivitamin.

**The benefits last as long as you keep taking it.**

But the benefits also stop the moment you stop.

**So when you order four bottles you get an even BIGGER discount.**




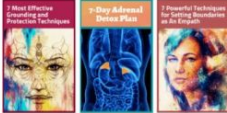


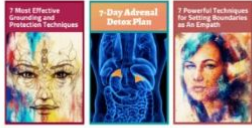

Such a big discount that Empath EV works out at just \$24.25 per bottle.

A HUGE \$51 saving.

**I promise you - you won't find a supplement containing so many scientifically studied adaptogens at such a low price anywhere on the internet... or in stores.**

**Get Started Now - Choose the 4 Bottle Package, Or  
Whichever Package is Best for You**

## BEST VALUE

<p>30-Day Supply</p>  <p><del>\$67</del> Save \$30 <b>\$37</b></p> <p><b>Add To Cart</b></p> 	<p>60-Day Supply</p>  <p>+</p> <p>Free eBooks (valued at \$47)</p>  <p><del>\$134</del> Save \$67 <b>\$67</b> (\$33.5/bottle)</p> <p><b>Add To Cart</b></p> 	<p>Value Pack (4 bottles)</p>  <p>+</p> <p>Free eBooks (valued at \$47)</p>  <p><del>\$268</del> Save \$171 <b>\$97</b> (Only \$24.25/bottle)</p> <p><b>Add To Cart</b></p> 
<p><b>FREE. U.S. SHIPPING</b></p> <p><b>100% 90 Day Money Back Guarantee</b></p>	<p><b>FREE. U.S. SHIPPING</b></p> <p><b>100% 90 Day Money Back Guarantee</b></p>	<p><b>FREE. U.S. SHIPPING</b></p> <p><b>100% 90 Day Money Back Guarantee</b></p>

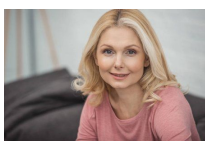
After you select your preferred order size, you'll be taken to an order page.

All you need to do is enter your payment and shipping information.

Your payment will then be processed using the latest state-of-the-art internet security. The same security you'll find on sites like Amazon.

**So your purchase is completely safe and protected.**

Your order will then be shipped by express delivery, and should be with you within days.



*"Wonderful! Thanks so much!! I love this product! I can truly tell a difference in how I feel!" - Amy Clayton*

## **FREE Bonus Guides for Progressing on Your Empath's Journey**

Many people who take my quiz are only at the start of their empath's journey.

Many have no clue they're an empath at all.

**So whatever stage you're at, I want to help you along your path to becoming a balanced, compassionate empath.**

Along with your order, you get these bonus guides FREE:

### **7 Most Effective Grounding and Protection Techniques**

Grounding is a tool for creating boundaries against stress.

**With a grounding practice, you can stop being a sponge for other people's emotions.**

And the best part is you can use grounding anytime you need a safe place for your sensitive soul to rest.

**In this guide, I show you 7 grounding practice techniques.**

This includes:

- How to be present with sensations
- How to stop being a sponge for toxic emotions
- Steps for protecting yourself from toxic energy and feelings
  - What to do to keep your internal resources for yourself
  - How to cultivate a nourishing attitude to your experience

With these 7 techniques in combination with Empath EV, you can be well on your way to a joyful empath life!

Value - \$15.66



## 7 Day Adrenal Detox Plan

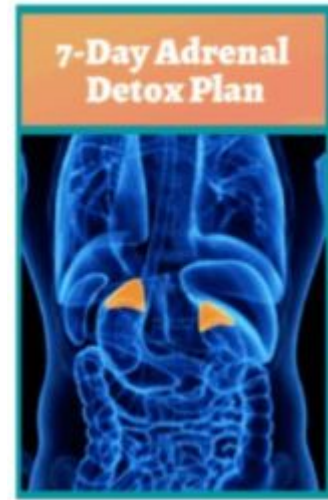
In this guide I give you a 7 day meal plan and 28 healing recipes.

**These recipes feed your body and brain with nutritious, healing nutrients it craves.**

All the recipes are anti-inflammatory. This means they help cleanse your body of toxins that may be adding to your exhaustion.

**Think of these recipes as like a reboot for your diet and health.**

Here's a sneak peak of the 28 delicious recipes you'll find inside:



**Tasty coconut  
amaranth**



**Cinnamon chia seed  
pudding**



**Avocado, fennel and  
heirloom tomato  
salad**





**Buckwheat pasta  
with broccoli & bell  
pepper**



**Yummy chicken and  
sweet potato stew**



**Berry crumble**

Value - \$15.66

## **7 Powerful Techniques for Setting Boundaries as an Empath**

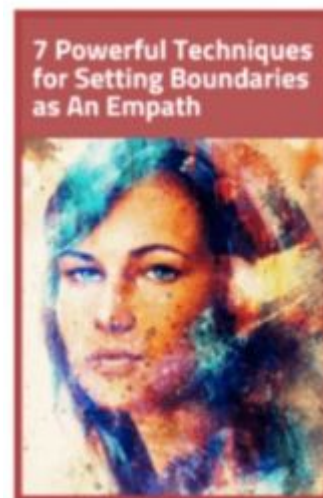
Boundaries shape our relationships.

**They give us a protective barrier for our energy, time, money, and mental space.** Without them, we can never feel safe.

In this guide I show you simple practices for developing boundaries in a healthy way.

When you follow the steps in this guide, you can look forward to:

- No longer being a people pleaser or constantly fixing other people's issues.
- Putting a cork in the energy drain that destroys your trust in others
  - Establish yourself as an independent, healthy person
    - Take better care of your wants and needs
  - Set limits on what energy you're prepared to give out



Pick one practice or combine them as you feel the need.

These seven methods for setting healthy boundaries are your toolkit to ensuring your priorities are never sacrificed for the sake of pleasing others.

Value - \$15.66

**Combined these three guides have a value of \$47.00.**

Yet, you get them FREE with every order of Empath EV.

**‘Power Surge Moment or Your Money Back’  
Guarantee**



Many people tell me there's a special moment that arrives when they start taking Empath EV.

A moment when the dark clouds of stress and overwhelm clear.

**When they see themselves in a new light.**

Or the world around them takes on a different glow.

Some people say they discover they have a hidden talent they never knew about.

**Others have a realization that transforms their entire outlook on life.**

A moment when they suddenly feel blessed with the energy and positivity for pursuing the things they've always wanted.

Like doing more meaningful work that makes a difference to the world...

Deciding to break from someone who drains them...

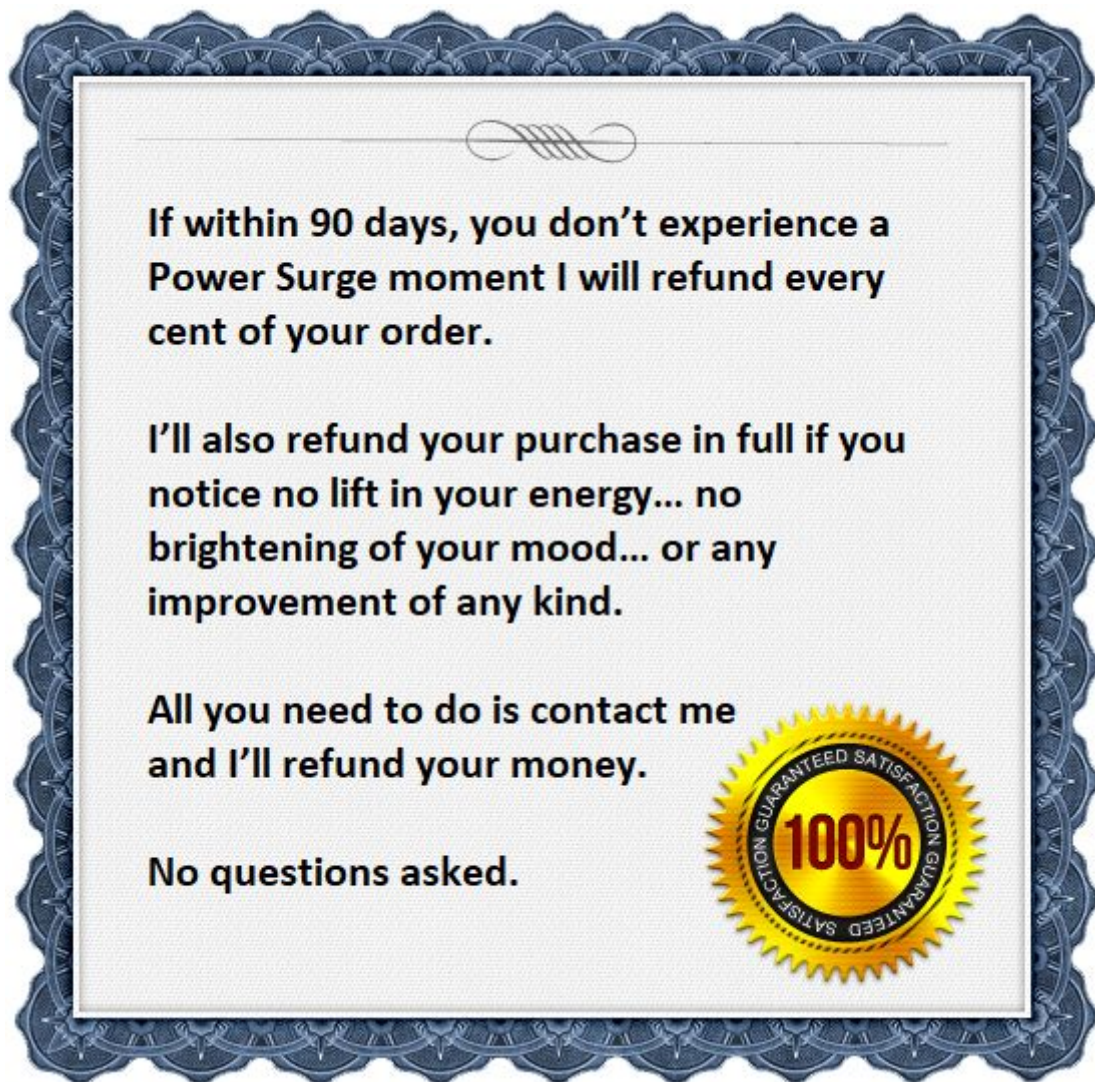
**Or discovering they have a talent for painting, playing the piano or writing poetry.**



I want to do everything I can so you experience this moment... this  
**POWER SURGE.**

So I offer this guarantee:








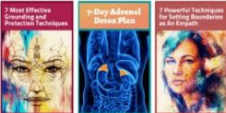


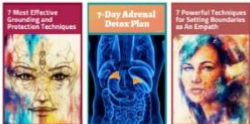

Put simply...

**You either experience all the life changing benefits of Empath EV  
I've told you about... or you wont pay a cent.**

If that sounds fair to you and you're ready to take a big step in your  
empath adventure...

**Go Ahead and Choose Your Package While There  
Are Still Supplies in Stock...**

**BEST VALUE**

<p>30-Day Supply</p>  <p><del>\$67</del> Save \$30 <b>\$37</b></p> <p><b>Add To Cart</b></p> 	<p>60-Day Supply</p>  <p>+</p> <p>Free eBooks (valued at \$47)</p>  <p><del>\$134</del> Save \$67 <b>\$67</b> (\$33.5/bottle)</p> <p><b>Add To Cart</b></p> 	<p>Value Pack (4 bottles)</p>  <p>+</p> <p>Free eBooks (valued at \$47)</p>  <p><del>\$268</del> Save \$171 <b>\$97</b> (Only \$24.25/bottle)</p> <p><b>Add To Cart</b></p> 
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## Why Feel Exhausted, Stressed and Worried When You Can Be Joyful, Energized and Happy?

Living with chronic exhaustion and overwhelm is not how life should be.

Fleeing home to lie in a darkened room to escape the overwhelm of daily life... so exhausted you could cry.

**Or continuing to feel defenseless against energy vampires... or people who take advantage of your good nature...**

Continuing to feel buffeted by your sensitives, rather than in control of them.

**Maybe the overwhelm gets so bad you stop leaving home altogether.**

And fall victim to damaging numbing behaviors...



drinking too much... comfort eating fattening foods... taking drugs...  
shopping... loveless sex... or finding other ways to numb your senses  
just so you can cope.



If your stress levels stay too high, will it put you in danger of rocketing  
blood pressure... or erratic blood sugar?

**Leading to expensive daily medications...**

And mounting hospital bills...

but with NO HOPE of getting better.

**That's not the future I want for you.**

Yet it's always a risk as long as you allow your adrenals to get  
overwhelmed with the emotions and energies you absorb from the  
world.

Instead...

**I want you to feel happy, energized and ALIVE!**

To embrace your sensitivities as a gift... as the superpower they truly  
are.

Here's what can happen when you have Empath EV supporting your  
adrenals to reduce stress while lifting energy, vitality and joy:

- ✓ **The energy to live a more socially active life that makes you fulfilled**
- ✓ **You can visit the mall and buy groceries without feeling drained, dizzy and headachy**
- ✓ **You may discover you find socialising easier. You may even get better at small talk!**
- ✓ **You can stop feeling at war with your sensitivities and emotions... and leave behind the skeletons of your childhood**
- ✓ **Find greater purpose in life through volunteering, charity work and helping others.**
- ✓ **Gain full control of your empathic gifts so you can fully shine your power in the world**



Remember, as an empath you are gifted with a superpower.

A superpower to spread love and compassion in the world.

**So from this day, I want you to FULLY shine your power.**

That's the future I want for you.

A future of giving, compassion and caring.

Is this the future you want too?

**Remember, Empath EV is protected with a 'Power Surge Moment or Your Money Back' guarantee.**

You experience REAL change in your life, or I'll give you a full refund.

This means there's ZERO risk in giving Empath EV.

**Imagine what life could be like a few months if you choose to make a change RIGHT NOW.**

If you choose to take the next step...

And choose to say 'YES!' to trying Empath EV.

If you're ready for positive change, go ahead and claim your order by choosing one of the packages below.

Then within days or weeks, you can feel your stress vanishing from your body...

The clouds clearing, so your mind feels clear and joyful...

And the world seems bright with new possibilities.

This new chapter starts with choosing your package right now...




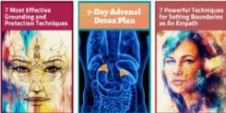


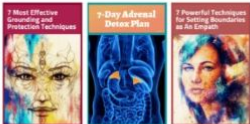

So you can finally start living the life how you've always wanted.

You deserve it.

**YES! I want to embrace my SUPERPOWER for love and compassion...**

**By securing my supply of Empath EV RIGHT now...**

**BEST VALUE**

<p>30-Day Supply</p>  <p><del>\$67</del> Save \$30 <b>\$37</b></p> <p><b>Add To Cart</b></p> 	<p>60-Day Supply</p>  <p>+</p> <p>Free eBooks (valued at \$47)</p>  <p><del>\$134</del> Save \$67 <b>\$67</b> (\$33.5/bottle)</p> <p><b>Add To Cart</b></p> 	<p>Value Pack (4 bottles)</p>  <p>+</p> <p>Free eBooks (valued at \$47)</p>  <p><del>\$268</del> Save \$171 <b>\$97</b> (Only \$24.25/bottle)</p> <p><b>Add To Cart</b></p> 
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Wishing you love and compassion on your empath's journey,

Dr. Tara Michelle  
[www.trueempath.com](http://www.trueempath.com)

P.S. Empath EV is a one-of-a-kind supplement **formulated just for highly sensitive people and empaths**. It features a **unique combo of 8 adaptogens**. All of them clinically studied for their benefits in supporting the adrenals to lower stress while lifting energy and happy moods. So you can bring real change to your life.

P.P.S. Empath EV is supplied with an **“Power Surge Moment or Your Money Back’ guarantee**. You either experience flowing energy and lifted mood, **or every cent will be refunded**. No questions asked.

# FAQ

## **How does it work?**

Empaths are super absorbers of energy and emotion. This means they are at higher risk of adrenal fatigue than most people.

Empath EV supports the adrenals to respond to stress in a healthy way. So that rather than exhausted and in a low mood, people can feel energized and happy.

Empath EV does this thanks to a unique combination of 8 adaptogens. Ingredients used for thousands of years in Ayurvedic and traditional chinese remedies for lifting energy, vitality and mood. And ingredients now verified in scientific studies for their ability to support adrenal health.

Thousands of highly sensitive people and empaths now take Empath EV as part of their daily self care ritual. And it has lots of positive reviews and a popular community on Facebook to prove it.

## **How many bottles should I order?**

Empath is like a multivitamin. It works for as long as you keep taking it. When you stop, so do the benefits.

The benefits of Empath EV also build over time, as your brain and body adapt to feeling happier, calmer and energized more often.

So we recommend ordering 4 bottles. This allows you to stock up and save \$51 on your order, and get each bottle for just \$24.25.

## **Is Empath EV safe? Will it give me jitters?**

If you've experienced heart palpitations, jitters and nervousness from other supplements it's likely they contained stimulants. These are ingredients, like caffeine, that artificially change how the body behaves.

If you've had a bad reaction to a supplement, it may have also contained some ingredients in amounts that were too high, or too low, for the higher sensitivities of empaths.



Empath EV contains the correct ingredients in the correct amounts for empathaths.

All the ingredients in Empath EV are natural. It contains zero stimulants, zero additives like gluten or GMOs and zero chemicals of any kind.

What this means is that Empath EV is a safe, effective formula that works in harmony with your brain and body.

It won't give you any jolts, jitters or a rollercoaster ride of emotions. Instead it's gentle in how it releases flowing energy, calmer moods, and happier thoughts.

### **How should I take Empath EV?**

The recommended dosage of Empath EV is 2 capsules daily, preferably with a meal.

The best results come from combining Empath EV with a daily self care routine, like meditation, grounding or yoga. Empath EV also goes great with a morning tea or coffee.

### **How long does it take to work?**

Everyone's body is different, so it's hard to predict when you'll get results.

We suggest you take it at least 60 days. This gives it enough time to take effect and provide you with lifted energy, mood and vitality.

### **What if it doesn't work? Can I get my money back?**

Absolutely.

We want you to feel comfortable giving Empath EV.

So if you don't experience an improvement in your energy or vitality within 90 days, we will refund every cent.

Just contact our U.S. based customer service team and they will immediately refund your investment with zero questions asked.

### **Can I buy Empath EV in stores?**

Empath EV is only available on this web page. We cut out the middleman so you save more money and enjoy faster shipping too.

Today only, with our special new customer offer, you can get Empath EV at the lowest possible price to get the best deal and save the most money possible.

Get the sensitivity support you need so you can start shining your superpower for love and compassion in the world.