

Your Archetype Mini Report



— THE —  
EMOTIONAL  
*healer*



EMOTIONAL  
healer

# YOUR HEALTH *approach*

## overview

As an Intuitive Explorer, you bring distinct characteristics to your healing journey:

- ✦ Mind-body awareness
- ✦ Feeling orientation
- ✦ Relational healing
- ✦ Depth seeking
- ✦ Somatic attention
- ✦ Processing orientation
- ✦ Sensitivity
- ✦ Integration focus



*Being truly seen is its  
own medicine.*



# CORE *wound*

You carry the wound of having your emotions dismissed in the very settings that were supposed to heal you. Being told symptoms are "just stress," having the emotional roots of your illness ignored, being labeled "too sensitive" when you tried to explain what you were truly experiencing. You learned the hard way that a healthcare system designed to treat bodies without seeing the humans inside them misses the most important part.

This wound shows up in every new appointment. You test practitioners early — quietly assessing whether they can actually hold space for your emotional reality or whether you'll need to shrink yourself down to what they can handle. You've learned to downplay, share selectively, and brace for dismissal before it arrives. And every time you hold back, your practitioner misses the full picture — which means your healing stays incomplete.



The deepest cut is being pathologized for your sensitivity — having practitioners treat your emotional awareness as a symptom to be medicated rather than a gift to be honored. That message landed hard: your feelings are too much, and they don't belong in healthcare. But here's the truth you already know — your feelings were never the problem. The system's inability to hold them was.

*The system couldn't hold your depth.*



# DEEPEST *motivation*

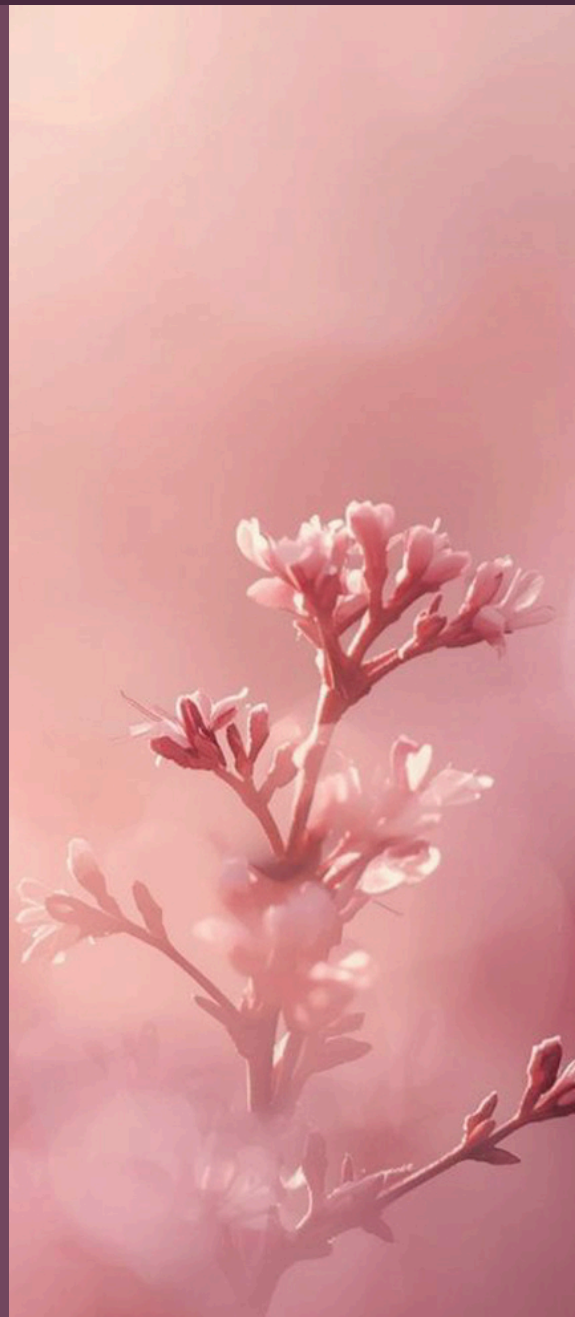
You are motivated by the desire for healing that integrates all of who you are—that honors the connection between body and emotion, that sees you as a whole person rather than a collection of symptoms. Your drive comes from knowing that you can't separate what you feel from how you heal, and that any approach that tries to is incomplete.

At your core is the belief that emotions are not obstacles to health but pathways to it—that what we suppress creates disease, what we process creates healing, and that the body and heart are in constant dialogue that deserves respect. You're not anti-science; you're pro-wholeness. You want approaches that include the emotional dimension alongside the physical rather than pretending it doesn't exist.

You're also motivated by the desire to be truly seen in your healthcare. Not just your lab results, not just your symptom list—you. The person carrying all of this. The story behind the diagnosis. You know from experience that being genuinely witnessed by a practitioner who can hold space for your emotional reality is itself healing, and you're looking for that quality of presence.

The vision of integrated healing—where body and emotion are honored as inseparable, where practitioners make space for feeling alongside treatment, and where your sensitivity is recognized as a health asset—provides purpose for your insistence on finding practitioners who get it.

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# 5 CHALLENGES

01

## The Overwhelm Flood

our capacity for deep feeling is a gift until it becomes a flood. Without adequate pacing and support, emotional processing can overwhelm your nervous system — leaving you more depleted than when you started.

02

## The Dismissal Trigger

Past dismissals in healthcare have left marks on every new practitioner relationship. You may enter appointments braced for invalidation or downplay your emotional awareness — preventing genuine connection even with practitioners who would honor it.

03

## The Processing Loop Trap

There's a fine line between productive processing and stuck rumination. When you circle the same pain without forward movement, processing becomes suffering rather than healing. Knowing when you're moving through versus going in circles is essential.

04

## The Boundary Blur

Your emotional openness needs structure. Without clear boundaries, you risk absorbing others' emotions, over-sharing in settings that can't hold it, or becoming enmeshed in therapeutic relationships. Your sensitivity needs protection, not just expression.

05

## The Somatization Complexity

The mind-body connection works both directions. While emotions genuinely drive physical symptoms, anxiety can also amplify sensations that feel medical but are nervous-system generated. Knowing when a symptom is emotionally rooted versus purely physical requires ongoing honest self-assessment.

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## FOUNDER, UPSELL HEALTH Marketing Strategist for High-Level Healers

Helping functional medicine practitioners and wellness brands scale to \$2 million-50 million+ through heart-centered, aligned marketing with our proprietary Practitioner Archetype and Wellness Marketing Playbook systems

Learn more about me [here](#)



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### WHO I HELP



#### Functional Medicine Practitioners

earning \$2-10M who want to scale without burnout



**Supplement Companies** (\$20-50M+) ready to dominate practitioner channels



**Wellness Entrepreneurs** building courses, programs, and passive income



**Health Brands** seeking authentic marketing that converts

### LEADERSHIP EXPERIENCE

#### Director of Content



#### Head of Marketing & Events



#### Head of Consumer/Trade Marketing

novonesis

#### Affiliates & VIP Strategic Partners



#### Marketing Consultant

Dr. Jay Davidson, Sinclair Kennally, Dr. Jaban Moore, Shivan Sarna, and many more

### PATIENTS + THOSE LOOKING TO HEAL

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- Check out our [App: Meet Your Healer](#) to get matched with practitioners and brands for healing
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