

KEEP IT PUSHING



My name is Gilbert J. I am an American blog writer from Los Angeles, California. Born with Spina Bifida, I've always wanted to use my life challenges to help and inspire others who have shared similar experiences.

Everything I have been through and all the personal knowledge I've gained, I can share with others. My motivation in launching this blog is that it'll make the process a little easier for the next person. By highlighting adaptable products and available resources, **Keep It Pushing** e-newsletter is your virtual buddy for quality information.



Mental Health Mastery Academy was one of the early adopters of DNA-based fitness and nutrition planning in mental health coaching, blending science and self-awareness to create truly personalized wellness strategies.

June Awareness Spotlight: Mental Health Mastery Academy.

Hello, Keep It Pushing family! It's June and that means it's time for another feature from our community. This month, we're excited to spotlight a powerful platform that's reshaping how we view and care for mental wellness—Mental Health Mastery Academy.

Founded in 2017 by the inspiring Rachel E. Humphreys, Mental Health Mastery Academy is a predominantly online resource (with select in-person offerings) that blends mental health coaching with holistic wellness services. These include:

- Personalized fitness training
- DNA testing for customized nutrition and fitness planning
- Public speaking events
- And, of course, mental health coaching programs

The best part? Your *initial consultation is absolutely free*. Pricing thereafter is uniquely tailored to each client's combination of services. When asked why she launched the Academy, Rachel shared her mission: *to inspire positive change and transform how mental illness is both perceived in society and treated by professionals*. It's a bold vision—and one she continues to push forward every day.

Organizations for the Betterment of Mental Health

Her coaching packages run anywhere from 3 months to a full year, depending on the client's goals. DNA-based programs may require fewer sessions but deliver lasting value. Rachel's extensive experience with a range of mental and physical health conditions allows her to meet individuals exactly where they are.

Looking ahead, she has big plans: a new book release, expanded group coaching, more podcast features, and additional speaking engagements.

If you're ready to invest in your well-being or just want to learn more, connect with Mental Health Mastery Academy on Instagram [@mentalhealthmasteryacademy](https://www.instagram.com/mentalhealthmasteryacademy) or reach out directly via email: mentalhealthmasteryacademy@gmail.com

This platform is an incredible resource for anyone interested in self-awareness, fitness, mental health, and even personalized nutrition. I'll be keeping up with Rachel's journey—and I encourage you to as well. Until next time, this Gilbert J, reminding you to keep it pushing!