



Christine  
Morgenstern  
Shin

C-IAYT, FNLP, CHHP,  
NBC-HWC

Integrative Health Practitioner,  
Speaker & Retreat Leader

Christine Morgenstern Shin is an integrative holistic health practitioner, nervous system expert and the visionary founder of Radiant Heart, Heal from Within, a globally recognized lifestyle and longevity practice based in Laguna Beach, California. With over twenty five years of experience, she empowers midlife health seekers to reclaim their energy, release stress and anxiety, and resolve stubborn mental and metabolic health challenges.

Her multidisciplinary approach blends modern neuroscience, ancient Eastern healing traditions and the psychology of behavioral change through a trauma and polyvagal-informed lens. Christine teaches at the intersection of mental health, nervous system regulation and metabolic vitality, because in midlife these systems are inseparable. By focusing on root cause solutions, she helps clients reset their nervous system, brain, gut and metabolism in a way that fosters sustainable and transformative change. Christine's heart centered and soulful guidance empowers strivers to move from chronic overwhelm into a life filled with clarity, resilience and renewed vitality.

## SPEAKING TOPICS:

- Emotional Self-Regulation + Nervous System Resilience (Polyvagal Theory, Somatics, Breathwork, Ancient Medicine)
- Mental + Metabolic Health (Gut-Brain Axis, Hormone + Blood Sugar Balance, Stubborn Weight Loss, Emotional Eating)
- High-Functioning Anxiety, Overthinking, Perfectionism
- Trauma-Informed Healing; Intuitive Embodiment + The Power of Self Love
- Midlife Health Challenges (Discover how your Biography becomes your Biology in Midlife)
- Manifesting Positive Mindset and Abundance



## CORE VALUES:

- Science-backed solutions.
- Sustainable lifestyle shift - not quick fixes.
- The nervous system is the entry point to healing every layer - mental, emotional, physical, spiritual.
- You are not broken.
- The body & mind know how to heal, with the right support.
- All healing begins and ends with love.

## SERVICES:

- Custom Retreats / Leader
- Corporate Wellness Workshops
- Speaking & Podcasts Guest
- Consulting & Coaching
- Community Gatherings



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Clinical Yoga Therapist for Mental Health  
Board Certified Behavioral Coach  
Functional Nutrition & Lifestyle Practitioner

## WHAT OTHERS SAY:

"If you need to regain your health, Christine just may change your life. Following chemotherapy, I was experiencing chronic fatigue, gut discomfort, and a range of experiences that I needed help to address. Within a few months of working with Christine, she helped me gain balance and control of my health again." - Jeff

"Traditional doctors had no answers for me as my blood work was in the 'normal range'. They told me I had to accept the fact that my estrogen level was just dropping because of my age, explaining the weight gain. I was absolutely miserable! After two weeks, all my joint pain was gone! I have lost 17 pounds and over 23 inches. After 10 weeks, my life and health have been transformed!" - Jacinthe

"Christine teaches us to release what doesn't serve you. I released foods, thoughts and habits that don't serve me."  
- Ali

# Get in Touch!

✉ [christine@radiantheart.health](mailto:christine@radiantheart.health)

🌐 [www.radiantheart.health](http://www.radiantheart.health)

☎ 404.438.8700

