



# Masami Covey

M.S., FNTTP, C-IAYT, E-RYT 500



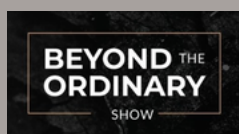
Masami leads women in rediscovering the Wisdom of Lunar Cycles—through menopause and beyond—applying a blend of Japanese Moon Medicine, physiology, nutritional science, and proven clinical modalities.

With 25+ years of clinical experience, Masami reveals the root causes of imbalance, using both scientific analysis and intuitive insights to provide laser-pointed guidance. Her whole-person approach translates the subtle language of our bodies and offers practical tools to support health and vitality.

Masami was born and raised in Japan in a bi-cultural family, and she draws from her East-West blend of culture, language, science, and energy medicine. Masami holds an M.S. in International Business, and her professional training and experience includes Functional Nutritional Therapy (FNTTP), Yoga Therapy (C-IAYT), Positive Neuroplasticity, Ayurveda, and Applied Linguistics. She is a faculty member of The Shift Network and a frequent speaker on health and energy summits, podcasts, and programs.

Featured on:

Quantum Sound Therapy



Wellness  
Mama



DR. CHRISTINE  
SCHAFFNER

AWVE

THE  
wellness  
ENGINEER

6k+ highly engaged raving fans and growing!



**Dr. Christine Schaffner**  
Founder & Physician  
Immanence Health

*“Masami embodies the integration of science and deep intuitive connection. She is able to weave this insight with clinical experience to give you highly personalized and practical guidance, and remind you of who you are as you journey through menopause and beyond.”*



**Lynn Eidenier**  
President/Owner  
Zorex International

*“Masami’s passion and dedication to helping women understand and embrace their changing bodies while incorporating the influence of moon cycles sets her apart as a leader in this field. Her multifaceted work in hormones and menopause creates a unique and transformative experience. Masami’s approach supports women’s transitions through natural phases of life with grace and empowerment.”*

## Recent Appearances

### **The Wellness Engineer Podcast**

Lunar Wisdom & Menopause, 2024

### **True Wellness FLOWE Podcast**

Moms, Kids & Moon Cycles, 2024

### **Dr. Christine Schaffner**

Podcast Guest, 2023, 2024

Hormone & Lymph Cleanse 2023

### **Wellness Mama Podcast**

Melatonin, Oxytocin & Moon, 2024

### **Seeker’s Solution Summit 2024**

Thyroid, Autoimmune & Flow

### **School of Living Lighter 2024**

Masterclass for women’s health

### **Jeneth Blackert’s Haute Hustle**

Podcast & Summit Guest, 2023-24

### **Quantum Shift Academy**

Summits 7-15, 2021-2024

### **Beyond the Ordinary Show**

Guest speaker, seasons 2020-24

### **Creatrix Convergence Summit 2022**

Global Women’s Conference

### **The Shift Network**

Ancestral healing Summit 2022-23

Energy Medicine Summit 2020-22

Intuitive Medicine Summit 2022

Awakening with Spirit Summit 2021

Transform Your Health Summit 2021

Intuitive Medicine Summit 2021

Breathwork Summit 2021

7 B’s of Cosmic Flow (7-wk Course)

# Speaking Topics

## **Moon Wisdom & Menopause**

- Your Biology and the Moon rhythm
- Oxytocin, Melatonin, & Serotonin
- Lunar rhythm & Sex Hormones

## **Hormone & Lymph Cleanse**

- Estrogen & Cellular Receptors
- The many roles of Bile & Liver
- Progesterone, Brain, and ANC
- Fascia & Psoas

## **Anatomy of Cosmic Flow**

- Blessings of Breath
- The Buoyant Brain (Glymphatic System clearing)
- Beautiful Bile (Liver & GB)
- Beautiful Boundaries (Small Intestinal healing)
- Bold Bones (Fascia & Nutrients)
- Balanced Blood (Blood Sugar)

## **Breathwork**

- Breath: A gateway to Brain, Lungs, Emotions and Cosmos

## **Thyroid, Adrenals & Menopause**

- Burnout & Compassion Fatigue
- Endocrine health after 50
- Nutrient Depletions from Medications

## **Bridging Spirit and Soul**

- The power of not knowing
- Navigating turbulent times
- Grief and Grace

## **Graceful Aging**

- Improve brain, balance nervous system, and slow down aging

## **Ancestral Healing**

- Healing the Future Now w/Liver & Bile Flow
- Every BODY is a Story: Release traumas through fascia
- Epigenetic Inheritance in your cells

## **Coming Home to the Body**

- The power of Sleep, Sinuses, & feeling Safe
- Activate Your Innate Power Center
- Embodied Intuition
- All Sickness is Homesickness

## **Fascia as the Living Matrix**

- Connection to Organ function
- Liquid crystalline water and inter-cellular communication
- Psoas & Pelvic Floor for Women



## **Popular Programs & Courses**

### **Lunar Wisdom & Menopause 30-Day Metabolic Group Cleanse**

Semiannual Event

### **Reclaim Your Moon Power**

29.5-Day Guided Journey

### **Breaking through Weight Loss Resistance**

### **Decoding Hunger & Cravings Annual Waymaking Retreat**