

VICKY LIN

林 · 草 本 养 生

CERTIFIED HERBALIST · ORGANIC HERB FARMER · HERBAL PRACTITIONER

Where ancient Chinese herbal wisdom meets modern Western botanical science — grown on our organic Florida farm & blended for your unique body constitution

MY STORY

A Decade Rooted in the Land

Herbalist · Organic Farmer · Herbal Practitioner

I am Vicky Lin — a certified herbalist, organic farmer, and practitioner bridging traditional Chinese herbal wisdom with modern botanical science. For *ten years* I have tended my farm in Dade City, and for *five years* I have guided individuals toward balance through personalized herbal formulation.

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Herbs are not tools to fight the body — they are a bridge, helping the body return to its original order. When energy flows freely, life naturally flourishes.

- Certified Herbalist & Herbal Practitioner
- Organic herb farmer — chemical-free practices since 2015
- One-on-one personalized wellness consultations
- Farm-grown, small-batch custom tea blends

Vicky's Living Food

LIVING FOOD OASIS · ORGANIC HERBAL FARM

Dade City, Florida



(352) 437-3808

✉ Vicky@VickysLivingFood.com

www.vickyslivingfood.com

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THE PHILOSOPHY

Where *East Meets West*

Uniting the wisdom of Traditional Chinese Medicine with modern Western botanical science — each personalized formula addresses your whole body, not just your symptoms.

EASTERN WISDOM

Traditional Chinese Medicine

Tongue & pulse diagnosis

Qi & Yang balance

Five Elements theory

Constitutional body typing

Seasonal healing cycles

WESTERN SCIENCE

Botanical Herbalism

Phytochemistry & bioavailability

Functional formulation

Organic farming standards

Evidence-based herb synergy

Plant-based nutrition

● YOUR PERSONALIZED FORMULA · DESIGNED FOR YOU ● 

WHAT WE CAN HELP WITH

Areas of Focus



RESPIRATORY

Lung & breathing support



INFLAMMATION

Chronic pain & inflammation relief



METABOLISM

Digestion & circulation balance



SLEEP & STRESS

Nervous system calming & rest



WOMEN'S CYCLE

Hormonal & rhythm balance



DAMP & COLD

Constitutional warming & clearing

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