



Highlighting Self-Employment Success Stories Across Indiana



Tamra Avis



## TAMRA'S STORY

If you want to hear someone passionate about what they do, have a conversation with Tamra Avis and ask about the benefits you receive from Colon Hydrotherapy. You will find someone that cares about her patients deeply and wants to educate others along the way.

Since a young age, Tamra has always wanted to make people feel better. And as she got older she started to learn more about the need for healthier alternatives to traditional medicine. Tamra says, "I love to see people leave the office with more energy, less stress, and less pain so they can go out and conquer the world."

About working with Portals, Tamra says, "My experience was incredible. They did not treat me as if I was disabled. They treated me with respect and kindness. They cared for me and my ideas. Even though they had no idea what colon hydrotherapy was, they never once criticized it. Portals learned about it and helped me grow my business."

When asked what advice she would give other self-employment seekers, Tamra says, "Don't be afraid to ask for help. Express your thoughts and ideas whether or not you think they are silly. Be confident in yourself."

Tamra also offers many different massage therapies including Swedish, Sports, Trigger Point, Hot Stone, Reflexology, and Prenatal. To learn more about the services offered at Avis Alternative Healing, visit her website.

Here at Portals, we have many self-employment success stories to share. If you are inspired by the idea of starting your own business, or if you are a counselor that has a candidate you believe is a good fit for self-employment, please contact us. We would love to help, and are passionate about getting people the assistance they need to be more independent. [www.PortalsLLC.org](http://www.PortalsLLC.org)

## AVIS ALTERNATIVE HEALING INFO



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812-913-0086  
[www.avisalternativehealing.com](http://www.avisalternativehealing.com)



**Services Include:**

- Colon Hydrotherapy
- Massage Therapy



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- Tamra Avis