

THE HEALTH FACTORY WEEKLY



ISSUE 1

APRIL 20TH 2025

WELCOME TO THE HEALTH FACTORY
NEWSLETTER, WHERE HUMANS BUILD
HUMANS

Welcome to the very first issue of The Health Factory Weekly! Your new go-to space for real, holistic health and wellness guidance you can trust and use.

The Health Factory is more than a brand it's an educational and informative platform designed to help you explore the benefits of personal development, health and fitness, holistic living, and wellness. Through this newsletter and my website, I'm here to bring you up-to-date, reliable information that empowers you to take control of your own health journey.

Every resource shared is rooted in a passion for natural healing, self-awareness, and health and wellness education. I believe that when we understand the science and soul behind health, we're better equipped to make aligned, informed choices for our lives.

You'll find weekly insights, tools, and challenges right here because I'm committed to helping you learn, grow, and build. After all, at The Health Factory, we live by one core belief:

HUMANS BUILDING HUMANS

Mafiyah S Franklin MS

IN THIS
NEWSLETTER
YOU CAN EXPECT:

HERB OF THE
WEEK

WEEKLY
HEALTH TIP

CURRENT
HEALTH EVENT

WEEKLY
HEALTH AND
WELLNESS
CHALLENGE

DIGITAL
PRODUCTS

AND MORE!



FROM THE FOUNDER: WHY I CREATED THE HEALTH FACTORY

The Health Factory was born from my own journey, a transformation built on education, experience, and an unshakable passion for helping others reclaim their health. With a bachelor's in Sports Medicine and a master's in Health Promotion, I discovered my calling: empowering communities affected by health disparities, limited resources, and a lack of support.

During grad school, I explored holistic wellness deeply, completing a 40+ page meta-analysis comparing naturopathic and allopathic medicine. Around that same time, I hit my highest weight, 185 lbs, after a lifetime of never going over 110. I made a choice to change. I stopped birth control, reconnected with my athletic roots, and began building a life of wellness from the inside out.

No quick fixes. Just dedication, movement, mindset, and a deep commitment to natural healing. Over a year and a half, I lost over 50 lbs, on my own.

That's what The Health Factory stands for: sustainable health, self-advocacy, and education rooted in science and self-love. This platform exists to equip you with the tools, resources, and encouragement to take control of your life and your well-being.

WE'RE NOT JUST HEALING, WE'RE HUMANS BUILDING HUMANS.

Mafiyah S Franklin MS



HERB OF THE WEEK: ALOE VERA (ALOE BARBADENSIS)

Aloe Vera is a fleshy, perennial shrub known for its powerful healing properties. Its cooling gel soothes burns, wounds, and irritated skin, making it a skincare essential! It also promotes healthy hair and scalp care. Used for thousands of years, Aloe Vera is valued in both traditional healing and modern wellness. It pairs well with herbs like basil, echinacea, ginger, garlic, and ginseng for added benefits.



WEEKLY HEALTH TIP: SIP BEFORE YOU SCROLL

Start your day with a glass of water before reaching for your phone. Your body wakes up dehydrated, and your brain needs hydration to focus. Before checking texts, emails, or social media, take 8–12 oz of water to kickstart your metabolism, support digestion, and improve mental clarity. Bonus: it helps create a mindful morning routine.



SUSTAINABLE SELF-CARE: NURTURING YOURSELF AND THE PLANET

Sustainable self-care means choosing eco-friendly habits that support both your health and the planet.

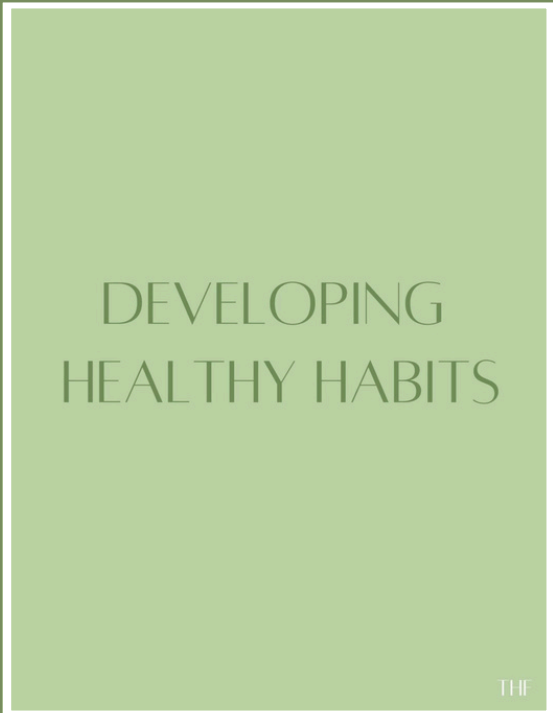
- Simplify: Use natural, multi-purpose products.
- DIY: Make skincare with ingredients like honey or olive oil.
- Unplug: Take mindful breaks from screens.
- Get Outside: Connect with nature to recharge.



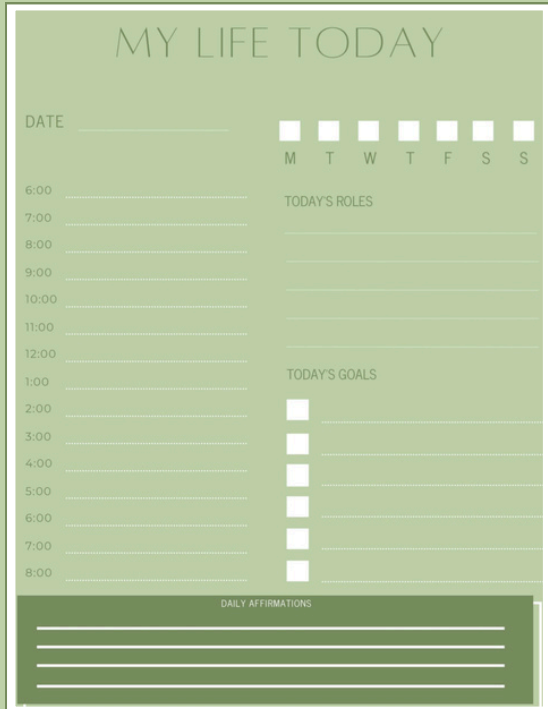
WEEKLY HEALTH AND WELLNESS CHALLENGE

Use one eco-friendly product this week, such as a bamboo toothbrush, natural skincare, or a reusable water bottle.

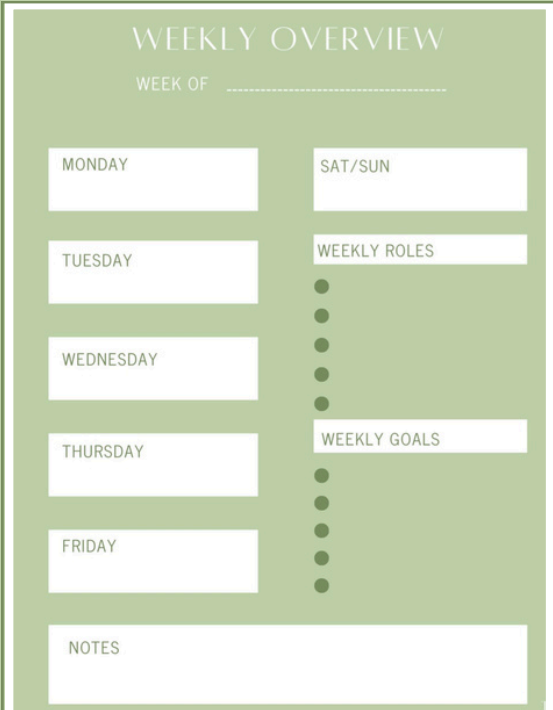
- Bamboo Toothbrush: A biodegradable alternative to plastic.
- Natural Skincare: Free from harsh chemicals and eco-friendly.
- Reusable Water Bottle: Cuts down on plastic waste.



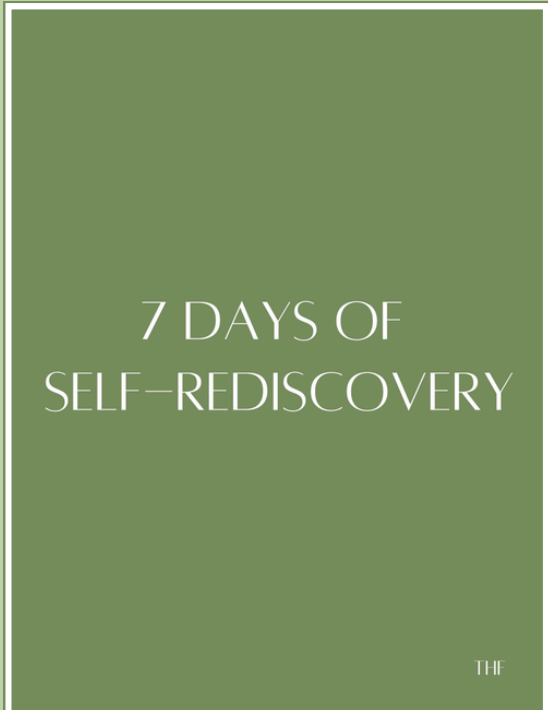
DEVELOPING HEALTHY HABITS 7 DAYS
A comprehensive 1 week digital guide featuring 100 healthy habits, 50 affirmations, and planning tools to help you build lasting wellness routines.



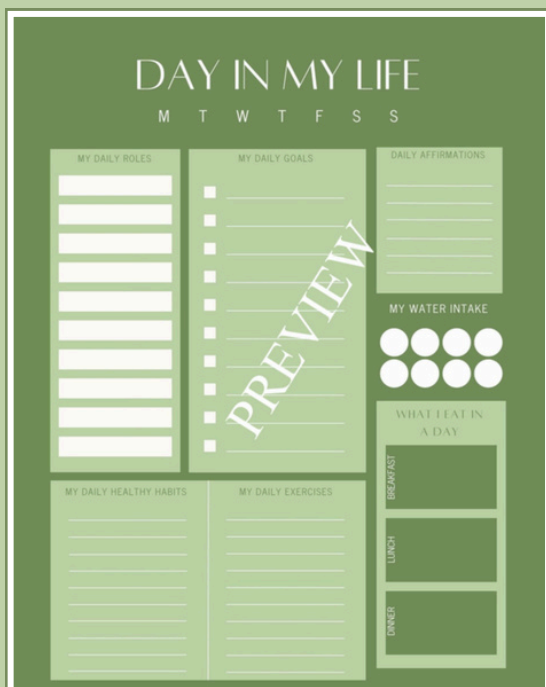
MY LIFE TODAY PLANNER
A daily planner with a 6 AM–8 PM schedule, goal setting, and affirmation sections to keep you organized and focused.



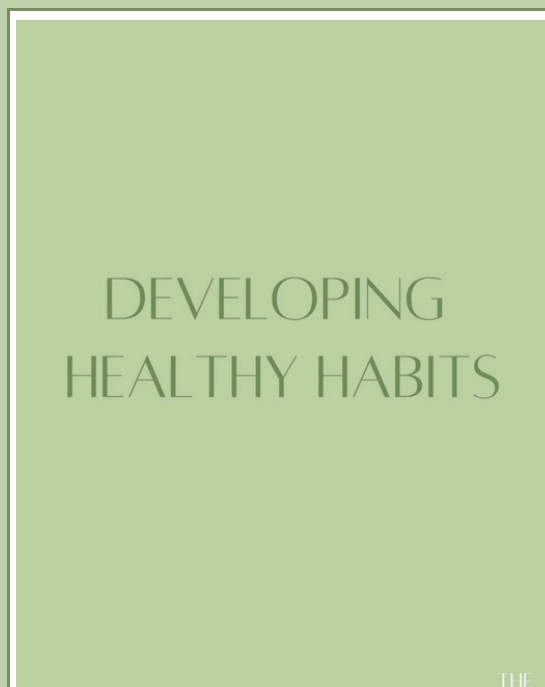
WEEKLY OVERVIEW DIGITAL PLANNER
A weekly planner to organize your habits, goals, events, and affirmations, helping you stay on top of your week.



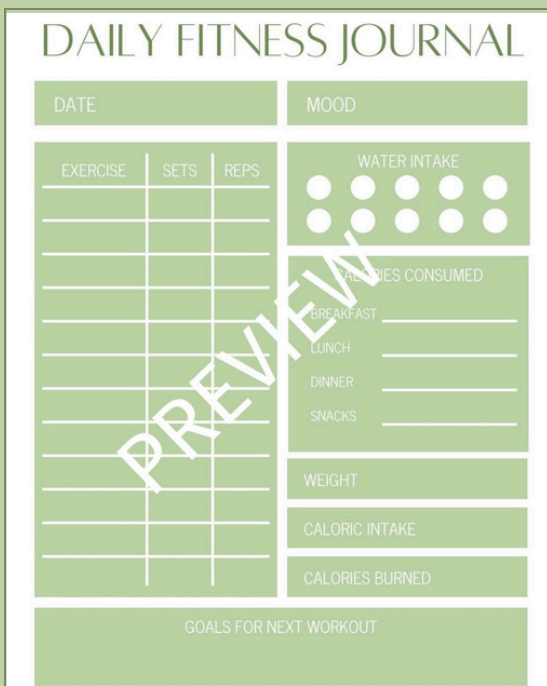
7 DAYS OF SELF REDISCOVERY
A free 7-day journaling guide with prompts to encourage introspection and personal growth.



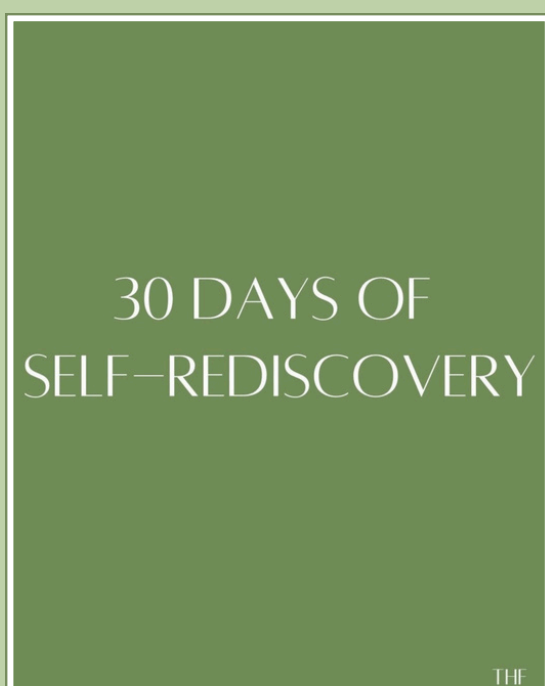
DAY IN MY LIFE \$5.00
 A daily planner that helps you organize your day with sections for roles, goals, affirmations, wellness tracking, and meal planning.



DEVELOPING HEALTHY HABITS 4-WEEK GUIDE \$10.00
 A 4-week digital guide featuring 100 healthy habits, 50 affirmations, and planning tools to help you build lasting wellness routines.



DAILY FITNESS JOURNAL \$5.00
 A digital fitness tracker to monitor your daily workouts, set goals, and track progress towards your fitness objectives.



30 DAYS OF SELF REDISCOVERY \$10.00
 A transformative 30-day journaling workbook with shadow work prompts and affirmations designed to help you reconnect with your authentic self.

PERSONALIZED DAILY/WEEKLY ROUTINES, FITNESS/MEAL GUIDES OR ALL IN ONE PACKAGE

COMPREHENSIVE PERSONALIZED HOLISTIC HEALTH & WELLNESS GUIDE – \$150

This all-in-one guide is crafted to help you thrive, physically, mentally, and emotionally. Designed with your unique needs in mind, it includes personalized fitness and nutrition guidance, emotional wellness strategies, holistic healing practices, and support connecting to providers that align with your values. Whether you want more energy, mental clarity, or balance, this guide offers tools backed by both science and lived experience, making wellness achievable, not overwhelming.

PERSONALIZED FITNESS AND/OR MEAL PREP GUIDE – \$75

Reclaim your body and time with a guide that simplifies your health goals. You'll get customized workouts and easy-to-follow meal prep strategies tailored to your fitness level, schedule, and preferences. Whether you're new to fitness or leveling up, this guide includes grocery lists, nutrition tips, and sustainable habits that help you stay consistent, energized, and confident in your wellness journey.

PERSONALIZED DAILY/WEEKLY ROUTINE GUIDE – \$30

Balance your life with structure and purpose. This guide helps you create a personalized daily and weekly routine that integrates health, wellness, productivity, and self-care. With tools to plan, stay organized, and track progress, you'll start each day with intention and end each week feeling accomplished. Perfect for busy individuals who want to maximize their time and align their schedule with their goals.



BLOG OF THE WEEK

Easy 15 Minute HIIT Workout / Blog | The Health Factory, LLC

Many of us lead busy lives and often lose sight of what keeps us going day in and day out. We may feel like we don't have enough time or are just too tired to focus on our fitness. If that sounds like you, don't worry!

 thehealthfactory.org

THANK YOU FOR READING!

LIKE COMMENT SHARE

BUILDING CONNECTIONS, ONE FOLLOW AT A TIME

STAY ROOTED IN OUR WELLNESS COMMUNITY! FOLLOW US FOR DAILY TIPS, INSPIRATION, AND UPDATES ON YOUR HEALTH JOURNEY. TOGETHER, WE RISE.

INSTAGRAM/FACEBOOK/PINTEREST: THFHEALTHANDWELLNESS

BUILDING KNOWLEDGE, ONE CLICK AWAY

TRANSFORM YOUR LIFE WITH OUR TAILORED RESOURCES, BLOGS, AND TOOLS THAT MAKE HEALTH ACCESSIBLE AND PRACTICAL FOR EVERY STEP OF YOUR WELLNESS JOURNEY.

👉 [VISIT THE WEBSITE](#)

BUILDING A HEALTHIER YOU, ONE EMAIL AT A TIME

JOIN OUR NEWSLETTER FOR EXCLUSIVE CONTENT, WELLNESS TIPS, AND SPECIAL OFFERS DELIVERED STRAIGHT TO YOUR INBOX.

👉 [SUBSCRIBE NOW](#)

BUILDING HEALTHY HABITS, ONE STEP AT A TIME

OUR DIGITAL PRODUCTS ARE DESIGNED TO TAKE THE GUESSWORK OUT OF YOUR WELLNESS JOURNEY. PERSONALIZED PLANS, GUIDES, AND TIPS ARE ALL HERE TO HELP YOU SUCCEED.

👉 [SHOP NOW](#)

DISCLAIMER

THE HEALTH FACTORY, LLC CANNOT AND DOES NOT CONTAIN MEDICAL/HEALTH ADVICE. THE MEDICAL/HEALTH INFORMATION IS PROVIDED FOR GENERAL INFORMATIONAL AND EDUCATIONAL PURPOSES ONLY AND IS NOT A SUBSTITUTE FOR PROFESSIONAL ADVICE. ACCORDINGLY, BEFORE TAKING ANY ACTIONS BASED UPON SUCH INFORMATION, WE ENCOURAGE YOU TO CONSULT WITH THE APPROPRIATE PROFESSIONALS. WE DO NOT PROVIDE ANY KIND OF MEDICAL/HEALTH ADVICE.

THE USE OR RELIANCE OF ANY INFORMATION CONTAINED ON THE HEALTH FACTORY IS SOLELY AT YOUR OWN RISK.
SHARE US!
