

Breath of Life CEO Abigail White discusses How She Uses Her Experience as a Nurse and Natural Healing to Help People Achieve Greater Levels of Health



Abigail White, RN, BSN
CEO
Breath of Life LLC

Interview conducted by:
Lynn Fosse, Senior Editor
CEOCFO Magazine

CEOCFO: *Ms. White, according to your website, "Breath of Life is Your Gateway to Healing," how so?*

Ms. White: I started Breath of Life because as a working emergency room nurse for the past decade, I realized early on that there was something quite broken about medicine. Medicine now is more concerned with lining the pockets of people who have no hand in doing real healing and so its only function is to keep you sick by simply putting on Band-Aids and calling it good. I wanted to show people not just how to put on Band-Aids for when things get hard, but I wanted to teach people how to truly heal. I wanted to show them how to get to the root cause of their illness without having to spend tens of thousands of dollars and wasting tens of thousands of hours.

So, when I say that my company is the Gateway to Healing, what I mean is that we show you how your body is *actually* speaking to you, so you can finally understand what it needs, which leads you to *giving* it what it needs and attaining higher more stable energy, a boosted immune system and true health in your body.

CEOCFO: *Was this a gradual feeling that developed over time or did you have a light bulb go on one day and realized what was going on?*

Ms. White: It was a light bulb moment for sure. I was essentially a brand new nurse, I had only been working in the ER for 6 months, when a patient came in that changed everything for me.

A patient came into the ER stating that they had abdominal pain, and the provider that I was working with came into the office after all the testing was back and said, "Well, nothing wrong with this patient." I was shocked and said, "But they are saying that they have belly pain, are we not going to try to figure out why?" He shook his head and then was kind enough to go through all the tests and imaging that we had done. It was a real learning moment for me. And at the end, I understood that medicine had its limits. According to medicine, there was nothing wrong with this individual, even though they were having pain. Whether I liked it or not, it was time for the patient to be discharged. So, I took in the paperwork and explained what it said. The patient broke down and started crying. They started telling me about how stressful their life was and how much it was draining them, and that the belly pain had been going on for a while. As they talked, I listened and something dawned on me; all the emotions and feelings that they were exhibiting in this moment were *the* reason for their pain. They were sitting in there, rotting them away from the inside out, causing pain. I started to see things that the imaging and blood work were not able to show. I told the patient that how they were feeling was valid and I told them that they should listen to how they were feeling more often, set and hold better boundaries in their lives, and I told them that the feeling of worthlessness they felt at being ill for all this time was untrue. Finally, I gave

them a different perspective, a new way to approach life from how they had been doing it. At the end of the conversation the patient shook my hand, smiled and said, "Thank God for you, I didn't think when you came in to discharge me that I was actually going to be able to say this... but my pain... the pain is gone!"

What they needed was for somebody to show them how what they were feeling was causing physical problems in their body and to give them steps to better hold their boundaries, understand their emotions and the identity they were holding, and to remind them that their body needed them to take care of it. At the end of it, it wasn't just about listening to them. What truly helped them heal was giving them the knowledge that we are emotional/spiritual beings living in a physical body. It was truly a profound moment for me.

CEOCFO: *How do you work with your clients today?*

Ms. White: Today I have a variety of ways for clients to work with me. Short term 60-to-90-minute sessions, group courses, master and micro minds, and long-term high-level coaching. All of my clients receive what I call my energetic prescription, which is my personalized plan for them to reach or stay on the path to health and healing. This plan combines both the top energetic/emotional knowledge and the most steadfast and effective physical components so that all my clients truly have the best chance of ending illness and stepping into higher, more stable energy levels and boosted immune systems.

"My work and I have the answer, and it starts with one very pivotal point; your body does not speak to you in symptoms. Once you understand this, you move to understanding how it communicates and once you know that healing is a given. And it all starts with my expertise and guidance. I would end by saying that Breath of Life is important because it spreads the full truth about healing. It is based in and backed by science, it doesn't negate the wisdom of any type of medicine, and it honors the ever-changing machine that is our bodies. This company and my work are about helping people achieve states of health they have only ever dreamed of and pioneering a new form of healthcare, one that is truly about healing." Abigail White, RN, BSN

CEOCFO: *How do clients find you and how do they understand that your approach is not some form of mumbo jumbo?*

Ms. White: Clients find me through word of mouth from clients that have had their lives changed by my work, Instagram at the handle @breathoflife_healer where they can get a sense of my philosophy and my signature **1% Method** that has helped my clients do everything from get off medications, end chronic disease and infertility and improve gut health. They also find me through my podcast Breath of Life Conversations and the various guest appearances on other podcasts including Into Your Life Podcast, Awakening Your Soul Podcast, and Choices with Monica Cox where I spread the truth about healing. Breath of Life is also heavily involved with the Minnesota community, participating in festivals and markets across the state. My most notable mentions are being accepted in Marquis Who's Who in America and winning the Health 2.0's Excellence in Healthcare Award. I will also be a guest speaker in Las Vegas in April 2026 at the Health 2.0 International Conference.

CEOCFO: *Would you tell us about your recognition in the Marquis Who's Who?*

Ms. White: It's a dream! To be recognized by the same organization that recognizes Nobel and Pulitzer Prize winners, legends and award winners is amazing. I have always known that my work would be acclaimed and internationally known, and I am proud to have that dream being realized.

CEOCFO: *Why is Breath of Life important?*

Ms. White: My work is for two types of individuals. The first is the individual who feels like their health and body are good, but they want spectacular functionality. They want to be in the elite circles of health and healing, and they are looking for the state-of-the-art teachings and understandings of the body from both a physical and an energetic perspective. They are willing and capable of doing anything and understand that good nutrition, exercise, and sleep are just the beginning when it comes to one's health, and they are looking to push the boundaries of what their bodies can achieve.

The second individual is someone who has been ill for some time. They have seen all the doctors and specialists, and they have made little to no progress towards healing. They are sick and tired and are sick and tired of it. They want answers and they know beyond a doubt that modern medicine can't give it to them. If it could, they would be healthy by now, living their best lives. These individuals know that they have been missing something and know that my work and I have the answer, and it starts with one very pivotal point; your body does not speak to you in symptoms. Once you understand this, you move to understanding how it communicates and once you know that healing is a given. And it all starts with my expertise and guidance. I would end by saying that Breath of Life is important because it spreads the full truth about healing. It is based in and backed by science, it doesn't negate the wisdom of any type of medicine, and it honors the ever-changing machine that is our bodies. This company and my work are about helping people achieve states of health they have only ever dreamed of and pioneering a new form of healthcare, one that is truly about healing.