



~Meet the Owner~



I am **passionate** about improving my life and the lives of others thru **Holistic Nutrition** and the balancing of mind, body, and spirit. Life before this passion emerged looked much different... As a wife, mother, full-time career woman, and caretaker for my mother, I was *surviving*. While the “health” of myself and my family was important to me, it was not something I gave much thought to. We were happy, we were “healthy”, we were *surviving*. Not **thriving**...but *surviving*.

For many years, I was an Executive Administrator in the corporate world. Before that I held positions as a Golf Accessories Buyer for a retail golf company and a Production Planning Supervisor in the aerospace industry. While my career afforded me and my family many things, **thriving** was not one of them. For about 10 years I had been experiencing low to no energy, brain fog, low libido, mood swings, depression, emotional and physical pains, heavy debilitating and irregular periods, aggravation, super sensitive, weight gain, painful sex, food cravings, body aches, joint pain, gastro issues and the lists go on.... I had appointments with my MD, Ob, Cardiologist, Gastrologist, Personal Trainers and a Chiropractor to find out “**what was happening to me**”. I had that “gut feeling “that my hormones were out of whack” and that I was perimenopausal. During that time, I searched for someone in the medical profession to give me the answer as to why I was feeling the way did...Some of the responses I received were:

~” *Let me prescribe you birth control pills (which I hadn’t taken in 30 years). They’ll make your period regular and will help you to look younger, less wrinkles*”.

~” *If you and your Husband are done having children, you should have a Hysterectomy. It’ll alleviate all your symptoms*”.

~” *Would you like to try an antidepressant?*”

~” *Hormone replacements work wonders for weight loss!*”

~” *An Anti-inflammatory should do the trick*”.

~” *An ablation will be the best thing for a woman your age*”.

At the time these “solutions” left me feeling **unsatisfied, insulted, and hopeless**. I felt that there had to be something they were neglecting. I was looking for something more! It seemed simple, I just wanted to feel good, look good and be healthy. I wasn’t willing to take a pill or go on an unhealthy crash diet!

Around that same time, my Mother passed away. I began reflecting on her health journey as a woman. I watched my mother take a pill for every symptom i.e. depression, auto-immune, high cholesterol, high-blood pressure, etc. While she lived a long life, I cannot think back to a time she felt “healthy.” Thinking back on the many doctor appointments, those for my mother and those for myself, the parallels were paramount. Not one of those doctors questioned what I ate, how I managed my busy schedule, what I did just for me, or the fact that I was woman with individual, unique needs!

Then everything changed in 2015 when I met a Naturopath (NP) Doctor at a Women’s Business Owners luncheon. I instantly had a connection that felt right ***goose bumps ensued***. After meeting with my new Doctor for about a month, I felt educated, empowered, understood. I now had some of the tools I needed to help me navigate my own health and wellbeing! I knew she could educate not only me, but also my corporate co-workers about all thing’s “health.” Along with my Doctors NP Team, we rolled-out a year-long corporate Nutrition program. Topics included: reading food labels, gut health, sugar, and two 6-week courses, specific to

Men and Women's health. The collaboration with my NP team and colleagues about ways to live a healthier, more holistic life brought me so much joy!

In late 2015, my husband almost died! He unexpectedly went into Diabetic Keto Acidosis (DKA) coma and was experiencing kidney failure. Unbeknownst to my family and I, my husband was an undiagnosed Diabetic. He had attributed many of his symptoms to working long hours, stress, and turning 60. I was not convinced. At the time, I was walking my holistic health journey alone. After staying in the hospital for a week, loaded with prescriptions and appointments with more doctors, my husband was also saying "*what's happening to me?*" While our health concerns were much different, we were both feeling uninformed and unsupported by our various medical professionals. Within a week of leaving the hospital, my Husband started seeing my NP Team (with much trepidation I might add). For me, endless hours of research for answers began.

Fast forward to the present time, my Husband has been **thriving** without insulin or any other "Diabetic medicine", all due to nutrition with whole-foods, stress management, exercise, commitment, a caring coach/NP, and of course a wonderful wife with a passion for holistic living. In an effort to educate myself, my husband, and my family, I quit my corporate job and enrolled in a Holistic Nutrition program. The education and compassion that we received from our NP Team (along with nudges from spirit), is some of what I hope to offer my clients as a Certified Nutrition Coach and a Women Business Owner!

Everyday my Husband and I strive to maintain a Holistic lifestyle, balancing our mind, body, spirit connection. My hobbies include reading (nutrition, women's topics, organizing), continuing education (nutrition, health, organizing, spirit), moving my body (Qigong, yoga, exercising and weight training, walking, biking, hiking, tennis, and golfing), being creative (up-cycling, crafting and DIY), and spending time with my family and friends.

Most importantly, I have learned how to be the **Executive Administrator of my life** and now support others to do the same! **Holistic Living, LLC** includes services in Holistic Nutrition, Lifestyle Organizing, and Intuitive Readings.

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