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I can remember thinking I had a weight problem most of my life, starting in Jr. High school. It seemed that I was always trying to watch what I ate as I knew it played a big part in my being healthy. When I was 10 years old I lost my grandmother to diabetes and heart disease. She died at the age of 54 and I can remember sitting at her dining room table watching her draw her syringe of insulin and then lay it on the table and stare at it for a bit, I know she was thinking about the pain it always caused to poke that into her leg and wondering if the needle would break this time, her skin was super tough from the multiple daily jabs

she had to endure... her skin was so tough that quite often the needle would break. Fast forward 20 years to when my mother found she was a borderline diabetic at the age of 50. Although she controlled her blood sugar levels for 10 years with food, she finally had to succumb to drugs to help control her blood sugar levels. 7 years of controlling her diet to prevent diabetes didn't prevent the need to have a quadruple by-pass. I have always said that didn't just happen overnight to her health, it had been developing for 10, 15, 20 or more years. I know that my DNA isn't that far off from what my grandmother's and mother's and I didn't want to struggle with the same health challenges they had. I always told myself I needed to pretend I was pre-diabetic and keep my foods in check as if I was – just so I wouldn't develop diabetes.

Even though I thought I was eating healthy, in 1999 my journey to healthy living & eating really began. I had something 'attacking' my immune system and the muscles of my body. I became so debilitated that I would cry in the morning at the thought of having to put my feet on the floor beside by bed and stand on them. They would scream with pain, yet I had no option but to function, I had a young family that needed me. I didn't know what was happening but I did know whatever it was my entire body was being attacked. After being on antibiotics for 6 months I could tell that I had gotten rid what was attacking me but I still needed to heal the body. I was at my heaviest weight and I started reading anything I could find on how food affected your body and what supplements to take (of course I now know it was all very misleading).

I had four very young children and I couldn't even get down on the floor to play with them. I started researching information about healing foods. I can remember when I was on the healing side of this challenge my youngest exclaiming, "mommy, I didn't know you could run!" I changed my diet drastically thinking I could "heal" myself. In many ways, I did but there was always this feeling that I hadn't fully uncovered what had happened and I always feared that it wouldn't take much for something to flare up again.

Throughout all of these years I have learned and even taught classes on nutrition. When I finally found Nutrition Response Testing I knew I wouldn't have to look any further to find the "right diet". With Nutrition Response Testing and finding what foods were healing for me, with my customized plan, I

began to feel the healing happening.. Little did I know a year and a half later, I would be on a new journey to help others be healthy as well.

I am a Certified Health Coach from the Institute of Integrative Nutrition, Nutritional Therapy Consultant, Certified Nutritional GAPS Protocol Practitioner by Dr Natasha Campbell-McBride and a Master Level Nutrition Response Testing practitioner from Ulan Nutritional Systems. There are only about 700 Nutrition Response Testing practitioners in the entire nation trained to this highest level! I take my health and my education seriously – I have changed my career, my life, and my health. Now I am dedicated to helping others on their path to optimal wellness.