

# My Journey

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Here is why I do what I do.

I had a tumultuous childhood with divorced parents at age 11. Women were not particularly empowered at that time and I had no encouragement. I learned how to survive as best I could. Deep inside, my soul guided me. I always knew there was more and I had to find it.

At age 27, I had a terrible auto accident and suffered a broken neck. I was three months in a body cast and this could have taken me out. But instead, healing became my passion and driving force.

I was working hard to pay bills in a job from 9 to 5 in administration. I developed carpal tunnel syndrome from sitting at a desk all day working on the computer. It was painful, repetitious, stressful, and certainly did not feed my soul. I was introduced to this business 20 years ago and never looked back.

There is nothing more important than having a healthy body and mind. I'm here to share these secrets I've learned with you. What do we have if we don't have our health? If the body gives out, all the fame and fortune in the world will not help.

I would not be here with you today if I had not had these life experiences. There are no accidents. Life is precious and I learned to show up in a new and big way. I live my dream by helping others succeed.

There has never been a better time to start a business in the Health and Wellness Industry. Join me to promote living healthy while you create an income stream that will pay you for years to come.