

2018: Before



2021: Health Issues Began



My Personal Journey

I started on this journey due to my own health crisis. I was a healthy young person in 2018, then after my daughter in 2019, my health declined. By 2021, I went from a 130 lbs. to 195 lbs. I had hypothyroidism and tachycardia. Each year a new symptom would form. I was to the point that I was frequently dizzy, vomiting, headaches, vision issues, nerve pain with tingling, and a high cognitive decline. There were days I could not function and days I was in such pain. There was a point when my doctor that I had MS.

I was feed up and the doctors could not help...
So, I helped myself!



2026: Now



My Personal Journey

Now I am back to normal. I got off my medications. I have used the principles, herbs, and supplements I have learned to allow my body to heal naturally. I am slowly losing the weight naturally and my body is back in balance. I have learned through my experience and I have also completed my doctorate degree to help those who feel the same way I did.

*Now I am on a journey to help you!
I want my experience to be a light at the end of your tunnel.
I want you to Embrace your Stillness and Overcome!*

Psalm 103:2-3: "Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases".