

Health Transformation

For anyone truly ready to take a journey to transformative change in health metrics, energy, self-esteem and, of course, with a side dish of weight loss, I am sharing my story here with you.

In July 2019, I entered the hospital with a tachycardic arrhythmia (rapid, irregular heart beat). I had shortness of breath and an extremely high blood pressure. After several tests, I learned that my heart was fine and that the episode that brought me to the ER was most likely triggered by apnea (disruptive airway when sleeping). This was my **Wake Up Call #1**. I was nearing 300 lbs. and I had to make a change. I did lose some weight and started using a C-PAP (sleep apnea machine) and my symptoms improved.



My next “wake-up” came when I had a routine eye exam and there was a finding consistent with *high blood sugar - diabetes*. I was urged to get blood work done and find out for sure. In November 2020, I came down with COVID and several weeks after recovering from it, I had a complete examination. The results of this examination revealed that I **WAS** a Diabetic and hypertensive (high blood pressure) - **Wake Up Call #2**. So, here I am, diabetic, hypertensive with my weight slightly down to 289. This was not enough and I wasn’t going to chance waiting for another “**wake-up call.**”

So, I reached out to an old friend who was an incredible tri-athlete / Iron woman who accomplished so much in that sport world. However, she still struggled to lose weight. She found a program that helped her reach her weight loss and health goals and was so excited about her health transformation, she committed to helping others. She explained to me the details of the program she used and it made sense. I decided that this is something I needed to look into.



It was this decision and my determination that literally changed the course of my life.

I started my transformation in February 2021 at 289 pounds. Over the course of six months, I had incremental drops in my weight and felt and saw my body change week by week. Added bonuses

were the immediate effect on my energy, my sleep, self-esteem and every metric of health was systematically improving. In May 2021, 4 months into the program and approximately 50lbs down, I had follow-up blood work done - **all prior findings were now normal including blood pressure, fasting blood sugar and A1C.** In July 2021, I reached my goal weight by shedding 70lbs!

As a practicing Doctor of Chiropractic for over 30 years, I had been helping my patients live their healthiest lives possible, but I had started to ignore my own. Now, after my personal journey, I fully understand the power of how, what and when we eat plays an incredibly important role in our overall health.



We all have a choice to make: To either be **healthy** and **thriving** or go down the path of **diseases** that are directly related to lifestyle choices.

I want to share the keys to my successful lifestyle change with you. Let me help you reassess your habits, and assist you in your journey in transforming your lifestyle and overall health.

Within our program the plans and goals vary and as your coach, I will make sure you will have support and guidance throughout your journey. **Connect with me to learn more and get started!**

Are you ready to get started?

Go to my website page to learn more.

<https://coach.optavia.com/Back2health>



Getting started is easy... simply fill out the form at the bottom on the webpage.

Average weight loss on the Optimal 5&1 Plan is 12 pounds. Clients are in weight loss, an average of 12 weeks .