

[The Path to Wellness](#)

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After experiencing 10 major surgeries and numerous car crashes I felt that the conventional medical system was no longer working for me. So, I decided to treat with a local Natural Doctor who referred me to a man who owns a compounding pharmacy; this is where I was introduced to “metabolic panel testing”. This is a blood spot and urine test that takes a look at the inside of the body and determines your individual nutritional deficiencies. Following the test I received a 3-month supply of “customized nutrition” a combination of amino acids and a blend of vitamin/antioxidants and minerals. I started to feel an increase in energy and clearer thinking after consuming the compounds for 2 weeks.

After 3 months, I retested and found that a lot of my stuck pathways had been masqued (in other words, my health was a “train wreck”) and now I had a clearer picture of what was truly going on inside my body. The test results reveled detoxification impairment, stuck neurological pathways, ketosis, 7 of the 9 essential amino acids were low and my vitamins and antioxidants levels required additional supplementation. With the new batch of compounds, I felt fantastic. Prior to this, I felt like a “sluggish mind” trapped inside a body; there had to be a way to fix this but the medical doctors just kept saying, “it’s all in your head.” YES, it was in my head; stuck neurological pathways. If your brain isn’t functioning properly, than the rest of the body isn’t either. In fact, the mind and the way we think can affect the functions of our body.

Upon completion of the new 3 months of compounds, I retested. The new set of labs reveled completely balanced amino acids. YEAH!!! I have had many people tell me; the ones that are closest to me say, “You are a completely different person.” You aren’t kidding I thought; I feel fantastic and I process information completely different. If only I would have known then what I know now, I wouldn’t have had to suffer for the last 7 years.

During this period I acquired a drive and passion to teach others, so I pursued a degree in Alternative Medicine. Now, I want to give back to all of you the years of study that I acquired so you don’t have to suffer. Follow me and learn how to “Take control of your life and experience a natural way to a better life.” Be inspired because the best years are yet to come.