

I grew up in Wisconsin Rapids but have made Eau Claire my home for the past 25 years. As a UW-Eau Claire graduate with a BA and MBA in Finance, I spent many years in the business world, active in the Chamber of Commerce Young Professionals, and other community organizations. Healthy living was instinctively a part of my life from an early age, thanks to my wonderful parents. As an athlete in my teens, I knew my body felt better when fueled by real food and instinctively limited too much junk in my diet. But my experience as a new mom pushed me to dive deep into alternative health and ultimately change my career path.

When my oldest son was three, he developed a terrible cough resulting in a doctor's visit, a diagnosis for pneumonia, and a round of antibiotics. The cough cleared up right away, but just as quickly returned a couple of weeks later. After the second round with the same cough returning, I suspected something else was triggering his reaction. A friend suggested getting his food allergies tested. Since this was outside of the doctor's recommendation, I travelled to Children's Hospital in MN and learned that my son had 5 IgE (anaphylactic) allergies from food he was eating almost daily. Those foods were removed from his diet, and the coughing never returned.

This sparked a revelation in me that something like this could be not only misdiagnosed, but also led to rounds of unnecessary antibiotics and destroyed my son's already fragile gut microbiome. His allergies persisted through his entire childhood, often accompanied by hives, lots of digestive issues, and most notably, behavior issues, including ADHD. Everything I saw started to line up as becoming increasingly common for many kids, yet it was not normal!

Through a lot of research, I began to dig for the root cause of these issues. It was my husband who began following Dr. Patrick Flynn and the Wellness Way. I joined the Wellness Way Academy in 2020 to become a Health Restoration Practitioner because it felt like all the dots had finally been connected from my entire life. My instincts were always there; the body does not make mistakes. We need to find and remove the triggers and allow our bodies to heal from the inside. Now, as a mom of four children, I am a fierce protector of my children's health and well-being, including learning more about childhood vaccines and their link to common childhood ailments. My family follows The Wellness Way lifestyle, eliminating foods that trigger our immune system, yet still enjoying nourishing, tasty meals.

I know and understand the challenges that come with this journey, and I want to make it easier for individuals and families based on my experience and Wellness Way Academy training. In my free time, I enjoy homesteading, gardening, food preservation, scratch cooking, and learning new ways to prepare nutrient-dense foods. My family enjoys camping, water skiing, and finding fun places to hike while on road trips.

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