

## Becky's Story:

My passion for health/wellness (especially gut health & nutrition) and helping change people's lives runs deep.

My life changed forever in 2012 with a cascade of family health crises, but the journey started long before then. As a little girl I always knew I wanted to work in healthcare, and I ultimately became a Diagnostic Medical Sonographer.

Growing up and through my early 20's I experienced a barrage of gut issues that I assumed to be "normal." It was when I was diagnosed with celiac disease that I began researching and learning about food and the power it has on our bodies.

In 2012 my dad was diagnosed with small bowel cancer and with his passing that same year came a spark inside me that has forever shaped the course of my life. With his diagnosis and through treatment, the endless research and deeper dive into the science and nutrition world continued for me. While studying and continuing to make small changes to my life I was diagnosed with Hodgkin's lymphoma in 2015.

This is where that spark became a burning passion so deep within me and my mission in life was starting to unveil itself. My cancer journey involved chemotherapy and radiation, and once completed I was given the all-clear. Less than 6 months later I was told the cancer was back. This meant more intense chemo, a 30-day hospital stay for an autologous stem cell transplant and 60-day “house-arrest.” I am proud to say I am about to celebrate my 4<sup>th</sup> re-birthday, marking 4 years since my transplant. One night during my transplant when I was at my weakest, I made a promise to myself that if I woke up and made it through this, I would not only get better, but I would use this experience to help others. My goal from that moment forward will always be: to go from just surviving through everyday life to THRIVING, to leave the old ways behind by embracing progress over perfection, and to live consciously and on purpose. That friends, is my goal for you! Thanks to integrating a combination of integrative, functional, western, and holistic therapies along with nutrition and extensive learning, I have been able to fully recover and feel the best I have ever felt. I believe that education bridges the gap between knowing and doing and like the great Maya Angelou said, “Do the best you can until you know better, then when you know better, do better.” Now as an Integrative and Holistic Health Practitioner, whether you’re looking to rebuild your body after a health crisis, get to the root cause of your symptoms, make lifestyle changes, and/or prevent chronic disease,

I have a program for you. I would love to meet you, listen to your story, and work alongside you on your journey!

To integrate means to bring together or incorporate parts into a whole. I have taken that philosophy to heart, and by integrating your story and science-based educational lab tests, I aim to discover the root cause of your health symptoms and provide a personalized wellness plan based on your specific needs and goals. This plan encompasses all areas of wellness, including: nutrition, movement, toxin exposure, sleep, stress management, emotional balancing and supplementation. I guide you, empower you and support your body by providing the natural remedies it needs along with lifestyle education to achieve short-term relief and sustainable long-term results for optimal health.