

Hi there!

I want to introduce myself to you and tell you a little bit about why I do what I do.

I help people regain their energy, conquer belly bloat, brain fog and those pesky aches and pains so they can get down on the floor to play with their kids and grandkids (and be able to get back up)! I also offer with strategies to improve their energy so they can survive a day of shopping (or hiking, biking, etc.) and still have the energy to cook dinner (and not feel like garbage after you eat it).

Helping others feel well has always been a passion of mine. I have been a licensed massage therapist for the past ten years, and I find great reward in watching people leave feeling better than they did when they arrived.

Nine years ago, I went to my annual physical where my doctor felt a suspicious lump in my neck. After a series of tests and doctor consults, I was diagnosed with thyroid cancer, and the treatment was to remove the entire thyroid gland. My body was in shock and went through all kinds of adjustments. For this first time in my life I dealt with brain fog, digestive-- issues-- bloating and constipation, skin rashes, hair loss, exhaustion—you get the picture.

My endocrinologist told me “that’s just the way its going to be now” and that I would live with autoimmune issues for the rest of my life.

I decided that wasn’t OK. I began getting books on health, watching webinars, studying autoimmune disorders, looking for the magic bullet to find relief. I realized that didn’t exist, but I also learned and began to understand that the body is a complex machine and surely it has the ability, to some extent, to heal itself.

Then COVID hit. While we were all staying home, I decided to enroll in a 26-credit college course to receive a certification in Functional Nutrition. (Functional Medicine, by definition is the medical practice or treatments that focus on optimal functioning of the body and its organs, usually involving systems of holistic or alternative medicine) and I learned that if we can get to root cause of the illnesses or disorders we are dealing with, and make nutritional and lifestyle changes, we can support the body’s ability to heal.

As I made changes in my diet and continued to study and incorporate quality supplements, that target specific health concerns, into my routine, I was amazed at how much better I felt. I got my energy, health and quality of life back!

I realize that I am not alone in this struggle and that is why I am here! I want to help women and men who are dealing with these same issues find relief, energy and get their lives back!

I am excited for you as you take this first step toward the path to wellness. I can’t wait to see where this journey takes you!

With love, Brenda