

OUR Story

Everyone has a story, it is usually the beginning of their journey. Mine began 20 years ago when my blood pressure began fluctuating. As a nurse, I thought I had it together with all the answers, but reality told me I had none. I was practicing in the New York area where I could be a little nearer to my Mom, who was residing in Poughkeepsie at the time. On the advice of one of her friends who owned a health food store, myself and a group of other healthcare professionals who had similar concerns decided to visit a naturopath in Brooklyn.

The journey was quiet, I kept reminding myself, you are a nurse skillfully trained in the "Conventional" method of delivering proper patient care, my perception was that alternative and preventive care still needed proof and validation, but I comforted myself with the fact that I was doing this to please my mother who was also a healthcare professional.

On arrival, I was greeted by a registered nurse who engaged in the initial assessment, the anxiousness I was experiencing was overwhelming, however, my fears began to diminish a bit knowing she was also trained to think as I thought, how incorrect I was. She indeed was trained to practice as I, but chose to focus on the "Preventive Aspect." rather than the "CURE".

The first order of business was emphasizing the importance of changing my Life Style which included how I interpreted "BEING HEALTHY" through PREVENTION.

I began on a 30 day physical cleanse, omitting foods that had been a staple in my daily diet. Saying goodbye to pizza and coke, and a good sardine sandwich was challenging. Sugar was my drug of choice. The internal screaming began in my head, and it is amazing how quickly the body responds to change.

How was I going to endure for 30 days, when every minute seemed an eternity, but giving up was not an option. As adjustments to my lifestyle were being made, I began experiencing the results of the change. My cognitive skills were improving, my energy level increased and my blood pressure stabilized. I embraced the change.

My journey had begun. I had my proof and validation. BETTER HEALTH was attainable through "PREVENTION"

This is only part of my story, the beginning of my JOURNEY.

I will continue my STORY on my BLOG.

Please let us hear of your story, as we journey together.

Be Healthy,

Cynthia