

## My Story Dorothy

In my early 40's I had a major health crisis that took me out of the workforce for a year, but in reality, it took another nine years to fully get back my health and identity. During this ten-year journey I learned to love myself, handle stress differently, and no longer repress my negative emotions.

Over two decades later I now know my health issues were a direct result of an overprotective brain, creating a host of real health issues. It became so bad that I had to quite work for about a year with no other income to support me.

What was even scarier...the medical community was UNABLE to diagnose my health issues, even though they could validate them. This all could have been avoided had I not ignored and mishandled DECADES of stress.

My heart goes out to anyone sliding down this slippery slope. It's not fun living with a body that is becoming more and more reactive to stress. The THRUTH is...unless stopped, the health issues will only compound and become worse.

So, my question to you is: where do YOU want to draw the line and put a STOP to these stress related health issues?

For me, it wasn't until my health forced me out of a job and I'd lost everything. Recovering from that level of total devastation took more years than I like to count.

### **MY JOURNEY**

My journey started with just feeling unusually tired. Easy to ignore and I just pushed through.

Then it got worse. My fatigue levels got to a place where I would crash until morning, and I'd literally have to drag myself out of bed and back to work. This pattern went on for months.

During this time, I lied to myself that I was ok until the day I got a RUDE wake up call. Months after the fact I discovered I had made a costly administrative error. It resulted in a letter being put on my file. Because it was plain to see that the stress was too much and I was not handling it well, rather than being fired, I walked away from the job I loved.

But my health issues didn't stop there, with the compounded stress of now being unemployed, I noticed I could no longer walk down certain aisles in the grocery store because the perfume levels began to set off migraines.

Then I found out I was allergic to most of what I was eating and had to discover a whole new world of dietary possibilities.

Scared and confused, feeling alone, with no answers, it was both the worst and best time of my life. It was the worst because I lost everything familiar:

- income
- home

- identity

My brain had become over-reactive causing health issues that did not respond to regular medical intervention.

It eventually became the best because this is where my greatest tools and course material were birthed from. As well, I've been able to help many other individuals learn how to "rewire" faulty neural pathways in the brain, along with maladapted responses to stress giving their reactive health issues a chance to resolve themselves.

What that has done for me and others is to feel excited, relieved and way healthier and I just can't stop smiling because of it.

For those of you who want to find your smile again, along with your health, let's connect and get you on the road from where you currently are, to where you want to be.

Sign up TODAY and live with no regrets.