

Meet Lisa



My life has been a long and interesting path to a wonderful destination...holistic nutrition. I originally earned my Bachelor of Business then went on for my Master of Social Work degree in 1990. In April of 2011, I completed my Doctorate in Holistic Nutrition.

I spent most of the first half of my life believing mainstream health advice. My energy was focused on trying to reach a peak state of well being with allopathic and politically correct methods – with no deep, true results.

And then The Mishap occurred and I came very close to losing my life – the ultimate wakeup call. I learned firsthand of the dangers of dependency on allopathic (modern) medicine, despite the best intentions of most practitioners. Suffering through daily pain, I honestly didn't care for a while if I made it to the next day. But with nutrient dense foods, holistic practitioners, a strong support system and the knowledge I'd gained through life, my practice and studies, I made it.

Now, as I begin the second half of my life – this site is being launched in celebration of my 50th birthday – I'm very excited to be alive and I want to share what I've found to be

the REAL truth about eating and wellness. It's time to THRIVE.

The "Mishap"

Short version

Fibroids...ignorance...well-intentioned advice...sloppy surgery and hasty discharge...lack of blood clot prevention...staples removed too soon...severe pulmonary embolism...4 months on warfarin...significant side effects...connecting with alternative healers...good, though slow, progress back to health...now it's time to THRIVE.

The unpleasant details...

For years I had large uterine fibroids (I strongly suspect worsened by soy bars {recommended by a prominent "women's health" M.D.} and powders and history of bc pill use) which I tried to get rid of on my own. That was before the internet really exploded, so library books and peer advice abounded – mostly conventional medicine. Then a holistic-like doctor recommended I just go ahead and have a hysterectomy (her logic seemed to make sense). I thought I did my homework (while plugging away at my dissertation and working full time) and I thought I chose an exceptional surgeon. Oops. The seven-inch disfiguring vertical scar on my abdomen proves otherwise. Not to mention the fact I was not given blood thinners post-op to prevent complications.

Three weeks after the surgery, I suffered a severe pulmonary embolism (blood clot in my lung), which almost took my life. When you have a PE, the conventional treatment is 6 months of warfarin, which contains the same active ingredient as rat killer. After 4 months of consuming this prescribed substance, my body couldn't take it anymore. I would wake up in the morning and literally could not move a muscle without pain. And the bizarre discomfort in my body and head was beyond description. The symptoms in my head lasted another 8 months,

and even pop up now at times. And what it did to my teeth, not good.

I tried physical therapy, which was helpful in showing me how to compensate for my abdomen. An exercise meant to help strengthen me backfired, though, and caused significant pain, because so much of my muscle died as a result of the PE. I also found out that my rib had been dislocated in surgery so I needed adjustments in that area.

With the exception of the surgeon, I believe everyone tried their very best to help me. Ultimately, I've gotten the most healing from diligently following the nutritional protocols that I teach to my clients (I truly do practice what I preach!) as well as my chiropractor, energy healer, and massage therapists. I also take [Protandim Nrf2](#) to insure that I keep the oxidative stress (natural aging) of my body to a minimum.

This experience showed me first hand the dangers of modern medicine. I believe it can be life saving in an emergency like a car accident or other major trauma. Otherwise, non-invasive, drug free is my choice. My plan is to avoid the popular misinformation for the next 50 years or until mainstream media honors the truth, help others understand the confusing information about health, and enlighten those who are not aware of the inaccurate and potentially deadly information being fed to us.

I want to emphasize: Do your own research...be diligent because there is a lot of misinformation out there. **We are all ultimately responsible for ourselves.** Ask questions. Get healthier. Enjoy your life. Thrive...for real.

Update October 2015 – Lisa has recently completed training and is now a Certified GAPS Practitioner (Gut and Psychology Syndrome/Gut and Physiology Syndrome) as well as a Certified Traditional Cook.

