

# 1 My Mission

So that you'll appreciate my journey better, please understand that I was not one of those naturally healthy people who are never sick. On the contrary, 10 years ago my health was such that I was taking a variety of medications to combat a number of health issues. However, in a recent wellness assessment administered by my family physician, I scored higher than my doctor had ever seen. But this wasn't something that was accomplished overnight. My personal experience and depth of knowledge in wellness over the last decade, and my implementation of what I've learned, has resulted in better health for me and my family. It has also eliminated my need for over-the-counter (OTC) or prescription medications for more than eight years! My recent wellness assessment score indicates that I am now aging at a rate well below my chronological age. I am currently 48 years young and feel better now than I did in my thirties.

My journey began about ten years ago, when I discovered that when I put whole food and quality supplements into my body, my health issues disappeared one by one. I was amazed and thought, "Could it really be this simple?" If I had figured it out, why hadn't anyone else? Or more importantly, why wasn't this being communicated to the general public? I kept thinking, "What if the government would spend only a few dollars on preventive health education and closer monitoring of what goes into our food? Think of how many dollars our country could save in health care costs!"

But, my message isn't about saving money. It's about preventative health and saving lives. Unfortunately, for the traditional healthcare industry, it's all about money (usually from pharmaceuticals). I cringe every time someone tells me, "My doctor says I'll have to be on these meds for the rest of my life." Through personal experience, I know that making a few lifestyle changes could resolve their issues and eliminate most medications, along with their plethora of side effects.

My message is about changing a mindset that disease is a normal part of aging. It's about understanding that treating the symptoms with prescription and OTC medicines is NOT resolving the problem itself.

In this book, I will share with you eight steps of wellness that I have used and that have been used and endorsed by the cancer survivors I interviewed.

Goals for patients with cancer and other diseases should consist of two primary

***"Bonnie spoke for my teachers in training and was extremely professional, organized, and provided great materials. She provided incredible value for her services and the class wants her back."***  
**Chris Crews, Owner**  
**Evansville Yoga Centers**