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Bio

I have not always been doing what I am doing now. Back in the early 80's I was an email consultant and worked in corporate for 20 years. The job was extremely demanding and stressful, requiring me to work exceptionally long hours, including weekends.

After the birth of my daughter, I found myself becoming more and more anxious due to the stress of being a single working mother. Especially at times when I had to collect my daughter from nursery, as I was late a few times due to work commitments. During that time of my life I ended up getting frequent throat infections, my relationship broke up, and it got to the point where I almost burnt out.

I realized then that some changes in my life had to be made if I wanted to remain in good health. Four years later I met my current husband, had twins, and re-trained as a Naturopathic Nutritionist. I spent the last 10 years helping other people in similar situations with no work life balance, autoimmune diseases, chronic fatigue, the list goes on.

My motto, prevention is better than cure.