

It all started when my mother got sick.

I dropped everything to care for her, placing my own needs on the back burner. And several years of neglect - in the form of disrupted sleep, poor nutrition, lack of exercise - took its toll on my body.

Four years earlier, I'd shed my unfulfilling office job to carry out my dream of becoming a licensed skincare specialist, opening Lilia's Skin and Body Solutions to provide customized facials, glycolic peels, body wraps and treatments, make-up application, and hair removal.

But then, six years after my mom fell ill, I got sick myself. So sick, in fact, that I had to undergo six months of severe, chemo-style treatment that left me completely drained. Physically, I was too exhausted to walk or work, nearly destroying the business I'd worked so hard to build, and the treatment brought on a severe case of reflux that made eating anything painful and undesirable. The simple act of breathing was a chore, and I couldn't sleep, which only left me more drained. Emotionally, I felt helpless and lost, like a shell of my former self. I felt myself falling into a deep depression but could do nothing to stop it.

### **Then one day everything changed.**

A friend [graduate of the Institute for Integrative Nutrition] invited me to a workshop on finding inner and outer balance, and accepting that invitation was the best thing I could've done for myself. In that eye-opening, life-changing workshop, I realized that my "health issues" weren't just physical, but a state of mind. I knew then that I had to change my life, from the inside out.

So I started drinking more water, practicing stress-releasing energy balancing and meditation exercises, and adding more nutritious foods - especially fruits, vegetables, and seafood - to my diet. Starting to feel better but wanting to speed up the process, I decided to start fresh, and developed a custom detox program to rid my body of toxins.

### **And a miraculous thing happened.**

Naturally, without medications or costly "traditional" treatment plans, my body began to heal itself. My reflux disappeared, my energy skyrocketed, my skin began to glow, and my depression lifted. I felt like a whole new person, and I discovered what I now teach my clients:

*"Your well-being is priceless."*

When you put your well-being first, as I learned, you can live the life you want. Free of digestive troubles, free of ongoing fatigue, free of insecurity caused by dull, wrinkled skin, free of looking and *feeling* much older than your years.

Now, in addition to helping my clients get youthful, great-looking skin, I also offer my unique 3-week detox program, which uses a combination of toxin-releasing treatments to energize my clients' bodies from the inside out.

**My goal is to help you live better, feel better, and look better.**

Want to learn more about how my unique approach to overall wellness can help you achieve inner & outer balance that leaves you with a healthier body, from the inside out? [Click here](#) to schedule a free "Discover Your Inner & Outer Youth" session today!