



“Success comes to those who do not waste time comparing themselves to others. Success comes to those who say, “I will do my best” everyday. Success is not an end but a consequence.” – Paulo Coelho

When I start working with my nutrition clients, I always ask them to make a list of the symptoms they have noticed they no longer experience so they can refer to this list when they hit a difficult patch to remind themselves how far they have come.

I found my list the other day:

Symptoms I feel when I eat too much dairy, sugar, grains of any kind and nightshade vegetables:

1. *Stiff hands*
2. *Burning sensation on the tip of my tongue – when body is too acidic*
3. *Night sweats - cheese*
4. *Red/flushed face – chocolate, red peppers*
5. *Bladder irritation - tomatoes*
6. *Itchy skin*
7. *Toes red and swollen - cheese*
8. *Change in attitude, character, demeanor – very negative and grumpy - grains*
9. *Bunions hurt*
10. *Toes cramp*
11. *Stiff neck and shoulders - sugar*
12. *Arms and hands asleep when I wake up in the morning - cheese*
13. *Cracks in toes and feet*
14. *Canker sores in mouth - sugar*
15. *Memory issues – don’t understand notes I have written to myself, mix up letters and words while speaking and writing, mixed up when using debit machine – sugar/grains*
16. *Sharp fleeting pain in left outer upper arm and a tight muscle in my chest – cheese*

After **years** of changing my eating habits, consistent exercise and considering how my emotions are impacting my stress levels, and therefore, the physical symptoms I am experiencing, I no longer experience these symptoms on a regular basis. I now only experience some mild versions of a few of the above symptoms occasionally, and I am usually able to trace the symptom to the cause(s).

Despite how far I have come, I'm still evolving. I have come to accept that I will always have more I want to strive for and appreciate this as something positive, because if I have nothing to strive for, I am close to being dead.

So when things get difficult and there appears to be no end in sight, continue to honour your body as best you can with wholesome food, appropriate exercise and activities that make you feel confident, connected and contented.

I passionately believe in the lifestyle I have chosen to live because I have personally experienced the benefits, and I am always thrilled when the people I work with achieve things they didn't think were possible. Ashley summarized her experience from June to September this year as follows:

Over the last year and a half, I have been a member of Julie's Kettle Bell club here in Bradford. When I first joined the club, I was looking for a quick and easy workout that would help me get into shape/lose weight without all of the hassle of a regular gym and with class times that fit my schedule. What I have gotten especially over the last 3 months adding nutritional counseling to my fitness regimen is far more than I could have ever expected. Julie creates a community in her classes. People of all ages and all fitness levels come in and enjoy the workout, and Julie makes sure she always offers a good balance of challenging exercises and modifications to make it work for everyone. Feeling comfortable in class, regardless of how I'm feeling that day has kept me going regardless of external stressors I may have been facing at the time. From selling and buying a new home, to dealing with a Global Pandemic and minimal child care while also working harder than ever at a full time job all while getting fit and feeling great has been one of the biggest accomplishments of my life so far. I have never felt better or lighter. For years I faced issues with indigestion, gas pains and bloating. I figured I was forever destined to have an apron of fat tied to my body. But Julie showed me that I have the power to change what I want to change. Giving up allergens such as wheat, corn and dairy helped me to manage the emotional relationship I was having with food, and the never ending cycle of weight loss and weight gain that comes along with that. I am not yet at my goal in achieving complete body balance but I am definitely well on my way and I am positive I could not have done it without the ongoing help and support of Julie. ~ Ashley

"Respect the time between planting and sowing and harvesting. Then await the miracle of transformation. Success is being able to go to bed each night with your soul at peace. Loyalty has its roots in respect. Respect is the fruit of Love. Loving yourself leads to the consequence of success."