

Barbara's Story – Nutrition Saved My Life

Christmas morning I was taking my early morning walk and bumped into a neighbor I knew by face but not by name. We struck up a conversation and immediately discovered a mutual interest in health, particularly nutrition. As it turned out, she was a Suppers program facilitator. I walked with her and her dog back to their house and she showed me the Suppers web site.

"This is exactly the kind of thing I'm looking for," I said. I am retired and would like to do some meaningful type of volunteering. In truth, I had been reading about ways to help people improve their health by brining back the tradition of eating wholesome meals at family tables. I guess there are no coincidences as I decided right then and there to volunteer my time and learn to facilitate Suppers meetings.

I was groomed for this work by my own journey and ultimate success. In spite of my doctor's best efforts to protect me from a dangerous purveyor of snake oil, the local nutritionist, I listened to my intuition. Now for my story.

At age 30 I moved from the city of Elizabeth, New Jersey to Princeton. The area I lived in was wooded and beautiful, but I developed many allergies and needed help. I had been to various doctors, a general practitioner, an allergist, and I had taken weekly allergy shots. I did not, however, receive any education from the medical profession about food. My body was becoming very sick. I had been going to the allergist for one year at this point.

My beautiful thick hair was falling out and dull. My skin was dry and flakey and pale in color. I had no energy, even though I had been extremely active. My body ached. My eyes were dull. The doctor was telling me I was "getting older"; I must be having emotional problems. He told me to keep seeing the allergist and getting my shots. I sensed no concern on his part for the change in me.

One day I visited a friend who told me about a nutritionist new to the area and she was excited about her visit. My interest was piqued so I scheduled a visit to see her. During that visit the nutritionist took a complete health history from me, had me give blood for testing my chemistry and nutritional levels, and clipped some hair for dead cell reference to confirm the blood test results. The tests revealed a severe chemical imbalance and deficiency in my body. To correct the problem, the nutritionist put me on a megavitamin program, had me take predigested protein in the mornings and consume protein products as part of my diet. The reason for this was a severe protein deficiency.

She also pulled me away from food chemicals, additives, preservatives, sugar, and salt and told me to eat only wholesome foods. She had me on a strict diet, and I was instructed to read food labels carefully. The megavitamin program was adhered to strictly.

In my excitement I relayed the visit to my doctor. He looked me straight in the eye, pointed a finger at me and said, "This person is dangerous. She will kill you." Well, I decided if I were going to die, I certainly would recognize the symptoms before that happened. In the meantime, I would be eating a lot healthier than on my allergy diet. So I secretly followed the nutritionist's instructions.

Within one year I was back to my very healthy self, with a full head of shining thick hair, skin that was soft and good color, lots of energy and eyes that sparkled. My success was due to excellent care from a nutritionist and self-discipline on my part. The combination has been a life changing experience. I am still constantly learning about my body, and I have a wonderful quality of life as a result.

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What happened to me was no miracle. It was the logical conclusion of restoring starving cells through good nutrition. Today I can pass on what I know at Suppers by mentoring others, whose health and happiness depend on learning to prepare and enjoy real food.