

## **My rewriting of the “about” section**

### **It was a big mistake**

I've always been a solar and happy girl,

Always with a smile on my face, going through every day of my life enjoying it, didn't matter how the weather was, or what bad things happened to me, I always faced every single challenge that life placed before me with motivation and energy.

Until one day, something made everything change...

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(one day and hour that you were in college)

I had just finished my dinner and was laying in my bed,

Watching some youtube videos before going to sleep,

The same routine as always.

I started feeling something weird in my stomach as if a mosquito was poking me with its proboscis.

I didn't panic at first, I thought it was normal, after all, I just ate sushi so it looked normal to have some stomach pain.

Hours went by, and I was still under the warm sheets of my bed, waiting for the pain to go away so I could finally get some sleep, and rest from the tough day I had before.

Sweating and freezing, alternating moments as I put off and put on those now sticky sheets, that were melting and were slowly becoming a part of my body.

I couldn't resist anymore, I had to do something, it was an unbearable hurting and frustrating feeling, and if before it was just a mosquito, then it became a continuing stabbing from a boning knife in my stomach.

Sleepless night.

The doctors' help didn't really solve anything, they gave me a laxative but the pain was still there, and I was slightly becoming, day by day, more down in the dumps.

I started doing unlimited research on google to make this problem go away and start living again like a dog with two tails,

I've watched hundreds of Youtube videos to find a natural cure and listened to more than 200 hours of podcasts by practitioners, but still nothing.

Enough was enough. I started doing things on my own. I tailored a diet for me, and you know what it did?

It just made things worse and worse. I kept going with it for 3 more years, fooling myself with the idea that the high-carb/low-fat diet I created was helping me to restore all the energy and happiness I previously had in my life. It was the biggest mistake I've ever made in my entire life.

I was contributing to my physical and emotional destruction, and I didn't even know it, until...

One day, I was talking to a friend that seemed to have had the same pain I was having, BUT, unlike me, she managed to overcome it.

You can't imagine how good I felt the moment those words came out of her mouth, I was over the moon.

I finally found the cure to feel myself again, I could finally enjoy sunny days again, and stop living with a face like a wet weekend every single day of my life.

Thanks to that friend (and my following certificates and graduations), I now am the practitioner I wish I had years ago when I was facing the problem you might have right now.