

Read this **amazing SCD success story** as one example of how coaching can help you:

"I have been battling Crohn's Disease for close to 20 years. Toxic medications and multiple surgeries left me feeling unhealthy and defeated. When I decided to try a new approach to treat my illness, I was overjoyed to meet Emily. Immediately, she put me at ease with her calm, compassionate attitude and positive energy. I came to Emily after reading Breaking the Vicious Cycle by Elaine Gottschall. I knew the Specific Carbohydrate Diet (SCD) was the nutrition plan for me, but I was confused regarding how to get started and I lacked the support I knew I needed to succeed. Emily broke the diet down step by step and helped me reach small, attainable goals throughout my journey. Within a month, I felt like a new person with more energy than I could remember having since my youth. Crohn's Disease slowly faded away and I literally became a new person; the person I always wanted to be. Now, almost a year later, my husband and two children also have Emily to thank for the healthy, delicious and nutritious meals I make at home.

I often called Emily to help me with food substitutions, a new recipe or an entire meal plan. When I decided to make a SCD meal for my favorite holiday, Emily gave me the menu for a multicourse Thanksgiving meal my whole extended family raved about. They didn't even know it was gluten, grain, dairy and sugar free!!

I often joke with my family that Emily is not only my nutrition consultant, but also my therapist and spiritual guru, all in one. Our sessions have strengthened my mind, body and spirit and I am so grateful that she gave me my life back. Thank you does not begin to express my gratitude. Some people fit so well in their career choice that you know it must be a calling. Emily was "called" to this field and I hope she remains a Holistic Health Coach for years to come."

-Karyn B. from Maryland