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jptessiegale As we get ready for my favorite time of year, I decided to reflect on who I am, where I've been and what I am today.

As a young teen mom, I left California to see the beautiful Rocky Mountains of colorful Colorado and stayed for 35 years.

I raised two amazing sons I am so proud of, and was blessed to have met the love of my life, Kevin, and added another "bonus son," Kevin's son Sean, who additionally means so much to me too!

I have had many jobs in the course of my life, but my most challenging and rewarding has been motherhood. I enjoyed being a "boy mom," and now my greatest blessings call me Grandma!



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blessings call me Grandma!

Therefore, I made a decision to change my lifestyle started with one simple change three years ago. I have more energy, am in the best health I've experienced, and my allergies and arthritis pain are 90% GONE! My gut issues are nonexistent. I've lost 35 pounds. My balance and muscle strength are getting stronger every day. I love to share my story to encourage others and let them know how I've gotten so healthy. Daily, I flood my body with 36 different kinds of fruits and veggies and plant-based nutrition, which continue to strengthen my immune system and help me fight all kinds of germs. My regimen is backed by 41



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27w



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