

11.12.09

From: Kathleen Thackham

For: Julieanna Hever

Re: Reference

As a cancer survivor, someone who has had over 30 surgeries and battles food allergies, I have come to believe very strongly in the life saving benefits of a plant-based diet.

Still change was hard for me and it took me 7 years to finally understand and commit to this lifestyle.

This last year, enough was enough. A change had to be made, but as much as I was committed, I was frustrated, hungry and in need of a professional who would assess my health and get me on track nutritionally.

Julieanna supplied me with a ton of information, recipes, and nutritional data. She assessed my lifestyle, and created a plan, made suggestions and monitored my daily food logs.

Julieanna is incredibly patient. She had a lot on her plate; I didn't make it easy on her. 3 months ago, I came to her a malnourished, frustrated vegan who hated cooking, had no time, felt deprived and suffered from cravings. With a family of meat eaters I wanted In and Out burger and NOW!

Julieanna understands change is hard and worked with me to create the simplest food plan removing stress, not requiring a lot of cooking, while still attaining optimum health.

Today I embrace this lifestyle. I love all the new food choices, my body feels healthier, I am happier, and I want for nothing.

Through this process, my husband noticed a change in me. Suddenly my die-hard milk, cheese, and meat-eating hubby wanted what I have, and moved over to a plant-based diet.

I know cancer, and I can prove that in my body if I eat an animal based diet, I will get cysts & tumors. I have seen it, I have lived it and living in fear, waiting for the next cancer is no way to live.

Julieanna didn't just educate me on food & nutrition, she gave me back my life. How do you thank someone for that? Honestly there are just no words! I feel truly blessed to have found her and credit her with giving me the tools to create a beautiful healthy lifestyle.

Her excitement is infectious, her compassion is heartfelt and honest, her work ethic is outstanding, but her passion and love for others is truly her greatest blessing and

something we should all aspire to.

I should mention that I live almost 90 miles from Julieanna. All our work was done on the phone and email. Think you need a face-to-face meeting to be successful? Think again! Julieanna will give you the same attention and professionalism that anyone with an office can offer if not more. She will educate you, support you, cheer you on and then help you fly.

She is not only my dietician; she has become my mentor and my friend.

I highly recommend Julieanna Hever. If you want to win the game, you need the best coach on your team. Good health is there for the taking and she can take you there.

Thank You, God Bless and take good care of you!

Kathleen Thackham