



CRYSTAL
GORDON

It has been almost a decade since I struggled with weight gain, acne, bloat, fatigue, low self-esteem, as well as digestive and autoimmune issues that left me in pain every single day. I was in a constant battle with my body and food and was always sick. My life was lived in the in-between space of feeling broken and dreaming about what I would do when I felt better. After not being able to continue my then hopeful career as a dancer, I launched head first into an eating disorder and addictive behaviors. I was lost, tired, and frustrated. I watched my dream slip away because I had no idea what to do and no doctor was able to help.

It was when I reached my bottom of no longer being able to keep a job that I found a doctor who introduced me to natural healing and digestive wellness. I became a woman obsessed and have dedicated my life since then to supporting others in finding freedom from debilitating health issues and unhealthy relationships with food. After getting my own health on track, I worked and lived on the road with several nonprofits and was able to learn the ins and outs of traveling and staying healthy. From couch-surfing to living in a van, I was able to make roadlife easy even for a plant-based vegan. This is where I learned simple tricks, tips and recipes to stay healthy, keep from having a health relapse so to speak, and gained valuable knowledge that I then passed down to my husband Brian.

I watched my husband's health skyrocket after adjustments to his routine even while still enjoying the occasional french fries and pizza we all know my come with life on the road.

Because let's face it, it's not about being so strict you crazy; It's about creating a sustainable lifestyle on and off tour.

I am certified as an integrative Nutrition health coach and in 2017 I was able to study under the remarkable Dr. Morse and receive my certification as Cellular Regeneration Detoxification Specialist (say that 5 times fast). Herbal protocols, nutrition, self-care...Music is my first love and now I get to fuse my two loves together.

I also get to work side by side with my husband now which is pretty cool too.