

## **HOPE, FAITH and Living My Dreams: It is Possible!**

By: Sue Dumais

In March 2009 I sat in meditation with tears running down my cheeks. Overwhelmed with frustrated with my health and the lack of answers from all the medical tests. I questioned how the results could be all “normal” when I felt so abnormal. At the same time the reality of our financial picture had me filled with fear and worry. The deep yearning in my heart to adopt my little girl from Africa was growing. Recognizing the gravity of our financial situation it seemed so far from my reach. I was a Mother unable to bring her child home. The combination of yearning and uncertainty was like a deep thorn in my heart. I could hear her voice calling me and there was nothing I could do because we couldn’t afford to start the adoption process. My heart was aching, I could hardly breath.

I threw my arms up into the air and yelled “I don’t understand! What? What? What? What would you have me do? Please help me! Obviously what I am doing is not working. Please help me see another way. I am willing. I am committed. I am open. Please show me another way and I will listen and follow.”

Within 2 hours of that meditation I received an email from Julia Indichova, author of *Inconceivable* and *The Fertile Female*, inviting me to a private “meet and greet”. I would have the opportunity to meet women’s health advocate, author and world renowned obstetrician Dr Christiane Northrup. I have admired and followed the work of Dr Northrup for many years. Her book *Women’s Bodies, Women’s Wisdom* is my main reference for women’s health. I was excited about having the opportunity to meet her.

When I read further I realized it was the weekend I would be in Toronto teaching my Fertility Yoga Teacher Training course. There was an interesting turn of events in December that had forced me to change my course from January to this particular weekend April. I took a moment to appreciate the synchronicities. I looked at my busy schedule and realized there was a convenient window of opportunity to attend the meeting. I was naturally concerned about timing as Toronto was a big city but when I realized it was only 9 minutes away from where I was teaching, I looked up at the universe and said “ok I get it, I will go”. This was the sign I was asking for. I had no idea what I was supposed to gain by going other than having the privilege of meeting Dr Northrup. My heart and mind were wide open.

When I arrived at the meet and greet I was surprised to find only 10-12 women sitting casually around a few tables in the hotel restaurant. I listen to Dr Northrup tell her story about her own health issues and her challenges of going through a divorce. She admitted at the time of her divorce she had no idea about finances. She had let her husband take care of that. During her divorce Dr Northrup gained weight from the stress, had a fibroid the size of a soccer ball surgically removed and had a deep worry about her financial future.

Dr Northrup talked about the second chakra energy (lower belly, low back and pelvic area) being an area where financial issues can show up in your health. I teach about the second chakra being associated with intimacy, fertility and personal power. Dr Northrup’s words to describe this area were “sex, money and power”. I always left out the money or finances probably because around that time my financial picture was the worst it has ever been. I opened my studio and hadn’t been paying myself for more than 3 years. My husband started a new business as well and left the security of his city job and regular pay. In 2009 the minimal salary he was receiving from his business disappeared because of the recession. We were really struggling and essentially living on our line of credit which was quickly running out.

Dr Northrup continued her story explaining how health and wealth are intricately connected. I started to see my health issues as an expression of my financial situation. She also shared information about Team

Northrup business opportunity. At that point I needed some time to process the information and insights I learned about my own health and finances. I went back to teaching my course with gratitude for the opportunity to meet Dr Northrup, her daughter Kate and the other women that evening.

When I arrived home after my trip and tried to look at the material on Team Northrup that I received from Dr Northrup. I could feel a strong sense of resistance and fear each time I picked it up. I found myself reading in circles and absorbing nothing so I decided to talk to Julia again. When she was explaining about the business and the products it was almost like someone was plugging my ears. There was a part of me that was so afraid to hear what she had to say. After I got off the phone I went into meditation and asked for guidance. I had a clear vision of signing up and joining Team Northrup. I remember my promise to be willing and committed to doing something different. I decided to speak to my husband.

My husband has always been so supportive of me. Even when he doesn't understand he is always there to support me. I was worried this time would be different because we had no money to invest and our line of credit was getting smaller each day. It was an interesting conversation because I didn't know a lot about the business but I trusted Julia and Dr Northrup and I know if they were using and recommending the products that they must be great products. I knew there was a potential to earn residual income and I liked the idea of earning money while I wasn't working at the studio.

I always thought I had to work hard to earn money. I was really beginning to embrace the idea of working smarter not harder. I wanted to spend time with my family without financial worries constantly chattering in the back of my mind. My strongest desire was to bring my daughter home from Africa. It was getting more and more difficult to ignore that heart calling and I suddenly saw that this just might be the vehicle to help me bring her home and into our family where she belongs.

I signed up with blind faith. When I received all the products I started to use them myself. I never recommend anything to my clients or friends that I haven't experienced myself. Within 4 weeks many of my health symptoms improved significantly. I began to feel like a new person. Today I have more energy than I ever had in my life, I feel deeply nourished by the products. I have taken many supplements in my life and never really noticed whether they were helping. I tried all natural ones, plant based supplements, organic, you name it I tried it. I never really noticed much change but I knew my body needed them so I kept taking them.

When I started taking the USANA products I could feel the nourishment deep down in my cells. All of my symptoms disappeared and I was so grateful. For about 4 years I was struggling with heavy menstrual cycles, severe fatigue, low energy, getting sick every 3 months, chronic pain and irritation in my bladder and uterus and nothing was showing up on western medical tests. My symptoms were getting progressively worse. I was getting so frustrated and disappointed with my body. I had eliminated alcohol, sugar, carbs, wheat, dairy, gluten, I had tried everything! Suddenly after taking these supplements, everything disappeared. I feel healthier today than I ever have. I realize now my body was in a severe state of oxidative stress and filled with inflammation. I know that it would have been just a matter of time and my body would have given up. I refuse to even consider where I would be today if I continued on that path.

I began a new path of learning about supplements, manufacturing practices, quality of ingredients, balanced formulas etc. I was amazed that there were many supplements being sold that are essentially a waste of money. Some supplements may be made with a higher quality of ingredients but the tablet doesn't dissolve within 30-60 minutes so your body can't absorb the nutrients. USANA's tablets dissolved within 20 minutes. The more I learned about USANA Health Sciences and its founder Dr Wentz the more I realized I was using the best quality supplement in the world and I could feel the difference they were

making in my health. All of the products are developed by experts in cellular nutrition and USANA won't compromise cellular health and quality. Their standards are the highest I have found.

Last fall I felt the need to do a liver cleanse. I decided to stop all supplements for a couple of weeks. I slowly started to reintroduce my supplements, one at a time, over a period of 6 weeks. The antioxidant was the last one I added back in. During that 6 weeks I got sick with a cold, had low energy, irregular menstrual cycle, my bladder became inflamed and my urge incontinence returned, my abdomen and uterus was so inflamed it felt like my intestines were sticking to each other like glue. Within 4 weeks of going back on the antioxidants all my symptoms disappeared again. For me this was a true testimonial for how much these products are nourishing me.

While the products have changed my health significantly and I am eternally grateful, I have also received so much more from being part of Team Northrup. I have found my tribe and I finally feel like I belong. In the last 10 years of my career I have been a pioneer breaking through barriers, launching new concepts, being a voice for those who aren't able to express their needs and standing on the leading edge with a deep desire to make a difference in the world of fertility and pre & post natal health. Although that has come with amazing rewards and countless miracles, it has also been a lonely path.

Team Northrup is a group of individuals that encompass love, integrity, collaboration, self realization and a genuine desire to help others discover and expand into their true potential. I am at home in my heart and surrounded by likeminded loving individuals. All I can say is "WOW" it feels so good!

The most important thing that Team Northrup has given me is HOPE. HOPE for a future that is bright with unlimited possibilities. I suddenly dreaming again and I now see my life full of dreams. They are dreams that I put aside thinking they would stay as dreams forever. Now I see that they are dreams that can become my reality and I find myself dreaming more and more each day. I believe they are true possibilities!

Thanks to the Team Northrup and the USANA opportunity I now have unwavering FAITH that I will have the financial freedom to bring my daughter home from Africa. It warms my heart and brings tears to my eyes to be able to say, that it is closer now than ever before. My husband and I have begun the first steps in the adoption process. I cannot find the words to describe the gratitude I have in my heart for this opportunity, this gift.

The Team Northrup opportunity is so much more than I can capture in words but I will continue to try because I know there are others out there that would love to be a part of this community. I know there are others that are ready to change their lives. I am here to remind you that you CAN realize your dreams. Your dreams can become your reality! You can create a life that you love!

It is possible! Today, I believe with my whole heart that ANYTHING is POSSIBLE!

Namaste, Sue

Sue's website: [www.familypassages.ca](http://www.familypassages.ca)

To learn more about USANA Health Sciences and the products visit [www.suedumais.usana.com](http://www.suedumais.usana.com)

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