

## **KHRISTEE'S STORY**

Khristee Rich became a Reiki Practitioner/Shaman after she suddenly developed a debilitating, chronic illness which was misdiagnosed for fifteen years.

For years, Khristee tried everything to restore her health. Being healthy all her life, she knew there must have been a reason she suddenly became so ill and she was determined to conquer it once and for all. Khristee saw all the best doctors in Connecticut and New York City. They ran every test imaginable. She had more tests done in those years, than most people have in their lifetimes. She tried every alternative health and wellness modality she could find. She changed her diet. She studied Reiki and Russian shamanism but she couldn't unravel the mystery of the root cause of her debilitating illness. Without a clear reason for her illness, she didn't know what to focus on to guide her back to health.

By studying Eastern philosophies, Khristee began to believe in holistic healing: mind, body, and spirit. Khristee knew a root cause started her avalanche of symptoms. She knew once she learned the cause she would be able to figure out how to heal and regain her health.

Finally after 15 years, after all of her current doctors had given up on her recovery, she found a specialist who believed there was something very unusual going on and ran further advanced testing.

Finding this doctor was a godsend! It truly was a turning point in her life.

Her doctor discovered the reason for her ill health: heavy metal toxicity. She had the highest levels of mercury and lead her doctors had ever seen. Her lab results were sent to the state of Connecticut reporting that she had been unknowingly exposed to an environmental hazard. Immediately she saw specialists at Yale Medical Center and the University of Connecticut toxicology department to try to figure out how this could have happened to her. She was told that she should have been paralyzed or suffered brain damage and that it was a miracle that she still had a sense of humor. (To this day, Khristee believes because she studied alternative health and wellness and took preventative care she avoided this fate.)

Doctors told her that treatment was chelation therapy, a risky, costly, painful, controversial procedure, involving one of the few chemicals that passes between the blood/brain barrier. She would require weekly treatment in New York City for at least a full year. Khristee didn't have health insurance at the time, greatly disliked pain, and was floored when she was told that the weekly treatment (the cure) could cause potential brain damage and possibly death.

Realizing the irony, that after struggling with her health for fifteen years, the treatment could potentially kill her, Khristee decisively concluded that she was a healer and that she

would heal herself naturally, without her doctors' help. She gave herself a tight deadline, a month to be free of the toxic heavy metals. She researched on Google and found natural chelating agents (without any side effects) to draw the heavy metals out of her bloodstream. She took these supplements and ate these natural foods daily. She learned meditation and began meditating for twenty minutes two times a day. She went on short walks daily to get her muscles, which had atrophied from lack of use, working again. She told herself daily that by the end of the month she would be well.

Every four to five days, her blood was tested by the lab. The levels lowered and lowered until by the end of the month, her blood was tested for the final time and it was zero.

Khristee had regained her life and her health! It was a blessing.

She faced countless challenges from her doctors, who diagnosed her as “depressed” to “stressed,” to eventually being labeled as a hypochondriac. But Khristee knew better, she listened to her intuitive self, and even though she felt defeated and devalued by the medical community, she would not take “sorry there is nothing we can do” for an answer. Instead, Khristee became an advocate for herself, and created a plan for a holistic approach to her own healing (mind, body, and spirit).

This process forced Khristee to go within. She wrestled with and conquered her demons while successfully connecting deeply to her own Spirit. She came to realize that she was NOT her illness; she was instead her Spirit, which was limitless. When she finally came to this realization, she was able to overcome her illness and heal herself.

Since that time, Khristee has made it her life's mission to empower women and to teach them that there are always alternative ways to reach improved wellness. She encourages them to be mindful of their environments, everything they put into or onto their bodies, as well, as their thoughts.

Today Khristee is a Transformational Speaker and a writer for online magazines. Khristee loves to see her audience transform, become joyful, build their confidence, become courageous, and take the necessary risks to fulfill their life purpose.

Khristee's hope is that more people will make their health and wellness a priority, and that no one will have to suffer for years as she did.