

A WORLD OF WELLNESS

One day in February, I called my friend with a panicked voice, "Trisha, how do I order some of that balancing cream stuff? Send me a case!" Once the case of Prolief Natural Balancing Cream arrived at my door, the entire case was sold within 12 hours. My life and the life of family, friends and clients were on a new track.

As the owner of a health and wellness center, I knew the balancing cream could greatly benefit others. This pure, safe, beneficial product did wonders for me by helping me to feel better. As a yoga teacher and therapist for 30 years, I thought my meditation and concentration could not be shaken. Little did I understand how menopause would change that notion.

This *Eye on Arbonne* story actually begins long before the world of Arbonne was introduced to me. Practicing and instructing the Iyengar tradition of Hatha yoga for a quarter of a century was my path to wellness. However, about eight years ago, that path would be my survival tool as chronic fatigue, emotional trauma and cancer became my life companions. Prior to those years, I was full of energy. As a health educator in the field of endocrinology and as a long distance runner, weight lifter, model and lecturer on wellness, I was on the fasttrack to meeting the written goals that my coaches had helped me define. The world of network marketing made perfect sense to me — from the convenience of home orders and deliveries, to the tax benefits, residual incomes and product purchase discounts. In fact, I was participating in a network marketing venture at the time.

NEW RVP



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The question many have asked me is, "What happened that changed the course of your life's path?" In a word — cancer. Not only did I have my own experience with cancer, but I witnessed this disease overcome my deceased husband, father, brother, niece and other immediate family members. The loss of so many loved ones in a three-year period changed the face of how I viewed wellness.

Little did I understand how these on-going life experiences were negatively affecting me. I was raised to be "tough" and told to "pull yourself up by your boot straps." I refused to stop working or developing my community service by co-creating a non-profit foundation

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Loa with husband, Thomas Wooten; Nicky Morrison and his mother, Maria Morrison.



Niece, Destiny Bower; brother-in-law, Jeff Bower; sister, DM Karen Bower; son, Bud Wooten; Loa; husband, Thomas Wooten and mother, Norma Jean Abbott.



Car presentation, July 14, 2005. Son, Bud Wooten; Loa and husband, Thomas Wooten.



success strategy:

“ Run fast, jump high and sleep fast. ”

that serves women and their families before, during and after child-birth. Traveling abroad to India to learn more about Aruvedic medicine and to Italy with yoga clients and friends kept me on-the-go. My business continued to grow with the support of a great staff, wonderful friends and clients. My 40-to-50 hour work week had become a 60 or more hour work week. Many more changes occurred, including meeting and marrying Thomas Wooten, a veterinarian, in December of 2003. Our union created a new family which included his son, Bud, joining our household. Blessings continued to present themselves by way of lecture opportunities, developing college accredited yoga curriculums, and receiving grants for the non-profit Doula Foundation of Mid-America. I was also blessed with the opportunity of receiving regular care sessions from aestheticians, massage therapists and business coaches. Life was charging on in a positive direction.

However, by January 2004, I knew I was once again unhealthy. All the years of vitamins, walking, yoga and meditation seemed to be of little use. What ensued was a series of medical tests to determine what was wrong. I am blessed to have close friendships with some of the top health care providers in the Midwest, and each of them gave information that contributed to creating the best plan of action. Surgery was finally scheduled. Afterward, I was back to work in four days and planning to leave on another yoga trip to Italy.

In June, 2004, my nightmare returned. My weight was higher than it had ever been. It seemed I was no longer on the “bright train.” My train was painted black. My mind was so lost. However, with the support of family and friends, I continued to move down the tracks, occasionally jumping off. I had resigned myself to feeling “lost” from that point forward. It was then that RVP Trisha Dezenski called requesting my training services on wellness management. Although I said yes, I thought, “If she only knew.” The relationship between Trisha and my family has a long history. My mother, sister and I provided care for Trisha’s children when she lived in Southwest Missouri. Then our train tracks went in two different directions. On occasion, Trisha would call and visit when she arrived in Springfield. Needless to say, I was happy to hear her voice and



Car presentation, July 14, 2005. L-R: Stacey, AM Teri Pearman; NVP Trisha Dezenski; Mercedes-Benz Representative Clay Holt; Loa; NVP Carol Kirken and AM Nancy Ward.

thrilled that she asked for my speaking services. I was not aware that Trisha was an RVP with Arbonne International. In fact, I did not know such a company existed.

On January 7, 2005, I arrived in Flint, Michigan. Trisha picked me up at the airport in her white Mercedes-Benz. Instantly, I thought Trisha was doing well, both in health and her finances. That weekend seminar was the beginning of a new set of tracks. I did not have any idea who NVP Carol Kirken was, nor did I have any understanding of her achievements in Arbonne. Ignorance was truly bliss in this case. Carol’s Presentation physically moved me away from the wall I was leaning against. It was an eye-opening revelation.

On March 11, 2005, Trisha flew into Springfield to launch my Arbonne business. I now understand what “ignorance on fire” means. She told me to “run fast and jump high.” To meet the goals before us, I suggested to her that we “sleep fast.” Ninety days later, the team was assembled for the fast track to reach first-step RVP with Arbonne.

Thank you is a verbal gratitude that is so limited. However, with my deepest of heartfelt appreciation, I want to offer a thank you to my family, friends, Clients and to the world of Arbonne for such genius and generosity.

To Teri, Karen, Nancy, Betsy, Sally, Laura and their teams: Thank you for your willingness to “run fast, jump high and sleep fast.” To Trisha: I want you to know that “all is well in our world.”

The team at Mackinaw Island. L-R: Loa, AM Teri Pearman, AM Valerie Freeman, AM Nancy Ward, NVP Trisha Dezenski.



Car presentation, July 14, 2005. L-R: NVP Trisha Dezenski, AM Teri Pearman, AM Betsy Burris, AM Nancy Ward and Loa.

