

About Gwen Foster

I should call my biography - "How Claritin was the start of my ill health". By the time I was 35, I was taking Claritin (for allergies), 2 asthma inhalers, 1 emergency asthma inhaler, 1 nasal spray (Nasacort), a prescription for acid reflux, Zovirax for shingles, Deltasone (a cortisteroid for pneumonia that I got once or twice a year), antibiotics when I had bronchitis (several times a year) and at least one Tylenol PM at bedtime to help with my insomnia. Now that I know something about my health, I am self diagnosing that I also had rheumatoid arthritis (extreme achy joints, especially in the morning), lupus (misdiagnosed as shingles) and fibromyalgia (fatigue with many other common symptoms).



How did I get this way? I will make this as brief as possible. I started out with allergies. My doctor determined I was allergic to dust (which is everywhere) and cats, and he put me on Claritin. I didn't notice right away, but it was after taking the Claritin for about a year that I had major insomnia problems. An emotional trigger caused me to hyperventilate (ex-boyfriend situation) and started the asthma. The asthma meds caused the acid reflux. The insomnia broke my system down which caused the autoimmune disorders - fibromyalgia, lupus, and rheumatoid arthritis. A side effect of the cortisteroid drugs is lupus. This may seem crazy to anyone that doesn't know me, but I think I got shingles only because the doctors told me for several years that I had shingles whenever I would have a lupus outbreak. Lupus is triggered by UV light (including tanning beds) and by stress causing small lesions, especially on the hips and butt cheeks. As you can see, I was a complete mess, spiraling downwards.

I will tell you firsthand that insomnia, in any form, is very harmful to your health. Insomnia can be the most significant side effect of Claritin and many other prescription drugs. Not only can it lead to chronic fatigue syndrome or fibromyalgia, but it can be a big factor in many of the autoimmune disorders, when the body starts attacking itself because it can't tell the difference between foreign invaders and health cells. Just one week of insomnia can cause symptoms.

The first step that changed my life was Peter D'Adamo's book, Eating Right for Your Blood Type. His book promotes eating the right foods that benefit your blood type and avoiding foods that act as poisons to your blood type. Weight loss and weight maintenance are a side benefit. After avoiding wheat primarily, and reducing dairy, while avoiding many other foods, my allergies were greatly alleviated. I used NeuroLinguistic Programming to get rid of the asthma and hypnosis to stop the bad habit of diet cokes. Then I started taking several herbs - Echinacea, astragalus and calendula to boost my immune system. I was completely drug free within 3 years.

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During my health recovery, I did have one relapse of bronchitis. When my doctor asked what meds I was taking and I answered none, he was shocked and said I should be taking my meds, especially because of the asthma. When I told him that I had eliminated the food allergens, many of my problems went away. When I asked him why he didn't give me any dietary instruction before prescribing, he said because MOST people are not willing to make a change! I was angry when he said that, but I have now realized that he was probably right, having to do with 90% of the population.

If I tell someone now they must eliminate bread, pasta and cheese to get well, many won't. (I'm here for the ones that will). After healing myself and getting off the "drugs", I decided to go back to school for a double degree from Clayton College of Natural Health - a Bachelors in Natural Health and a Doctor of Naturopathy degree. Along the way, I also got certified in Reiki, IET, Hypnotherapy, and Neuro-Linguistic Programming. I also learned Hanna Kroeger's natural healing techniques in Boulder, Colorado and purchased a QXCI/SCIO device in 2003. The last two events have shaped my life the most and are the cornerstone of what I do today.

So if you ask me what I do, I would say that I practice Energy Medicine in a holistic approach, taking into consideration the mental, emotional, physical, and spiritual aspects of my client. I use herbs, homeopathy, and supplements to help balance what the QXCI/SCIO does. I also teach people how to help themselves. Healing does not happen overnight, it took me 3 years for a complete turnaround. It takes homework and research on your own part. But most of all, it takes responsibility of your own body to restore your health. No one can do it for you, and taking a pill just won't do it either. There is a price to pay, but the rewards are awesome!

It has now been almost 5 years since I've had any relapse or sign of any previous condition. The worst I've had is a cold and I have not taken any drug, not even an aspirin in that amount of time. I thank God every day for my health and the knowledge that I have had access to so that I could help others heal themselves. I am also thankful to my loving husband, awesome friends and my great family for providing support along the way.