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HOW TO CHANGE YOUR LIFE- INSPIRE, EMPOWER, CONQUER!

By Paula Scarmozzino

*“From muddy waters
the beautiful lotus
appears”*

Paula Scarmozzino

Why is it that so many people are overweight, obese, have food obsessions and cannot control their health? Why doesn't the weight ever stay the same? Why do people lose weight only to regain the same and then some? That is the million dollar question isn't it? All I know for sure, after consulting with hundreds of weight loss patients over the years and indeed from my own personal journey, is that your health does not get better by chance, it gets better by change! And sometimes it all begins with a sprinkle of hope, a pinch of hard work and a dash of INSPIRATION!

What was the beginning of my journey some twenty seven years ago, I would never have imagined to be the first step on my path to realising my life purpose.

At the ripe age of 10, carrying an extra 5 kilos didn't occur to me to be a problem, until it was a problem! Snarls and whispers on the playground had me ostracised and in little time my self esteem and self confidence were dwindling. Being academic and bright in class were no longer enough to keep me from the perils of school yard bullying.

But as Oprah so eloquently puts it, *“Everything that has ever happened To you, has happened For you!”*



With a sense of hopelessness and despair I tried desperately to "fit in" but to no avail. Until an angel was bestowed upon me by the name of Miss Deborah Patterson. She was a new teacher at my primary school. She hand selected a few of us children who she felt required guidance and assistance for a healthier diet and lifestyle. She created a special "cool kids club" which she named The BCC (Body Control Club). I recall a very special red hooded jumper made just for us, with large letters, BCC, proudly branded across the front. Deborah also implemented numerous changes within the school from revolutionising the school canteen to serve up healthy balanced meals to us, to converting the multipurpose area into a well-equipped gym that we used every lunchtime.

Within a very short time we were feeling more energetic, our minds were more focussed, we had improved self esteem and we were looking great! Personally, I began to notice that my relationships in the school yard were changing too! Children were now responding to my renewed vibrational shift and consequently my confidence soared. As a young girl, I could never have conceived that setting goals and managing to achieve them would bring about such a life changing event! From that age I developed a deep understanding that ANYTHING is possible; when you believe you can achieve!

What's more, we were blessed with the amazing opportunity to appear on *A Current Affair* to share the story of a teacher with a passion and vision to educate, inspire and empower young children to change their lives for the better. Was it appearing on national television that left a lasting blueprint on me? Was it achieving my weight loss goals, or was it the kindness and compassion of an earth angel that touched me deeply enough to change my life forever? I believe it was all of the above!

All of this later in life led me to achieve a Bachelor of Medical Science at Melbourne University and then go onto further study and achieve a Bachelor of Health Science in Naturopathy and Advanced Diplomas in Nutrition and Herbal Medicine. I am now the owner and principal naturopath of the multidisciplinary clinic, Northern Naturopathic Healthcare in Preston, Melbourne. I have helped hundreds of people improve their health and weight loss goals by adopting a fully holistic and comprehensive approach to change their lifestyle and ultimately transform their lives. My journey has blessed me with the motivation and passion to make a difference with my human existence. My vision is to educate, empower and inspire women and men globally, to be that compass, that beacon of light, like Deborah was to me, to help people reach their highest potential in their health and happiness!

What if I was never overweight, what if Deborah never entered my life, would I be doing what I do and love everyday? I'm not sure, but what I do know is that my life changed for the better with that chance encounter! And now, how my patients' lives have improved long term as a result, is first and foremost via correct nutritional and lifestyle education. Like a tradesperson needs their equipment, Ultralite in particular has been my amazing tool to guide patients and has assisted them in realising how making easy and delicious dietary changes can

*“Believe you can and it
is done”*

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lead to lasting life-long results! Having the one-on-one personalised consultations is a crucial step to my patients' overall success. Delving deeper, listening to their story, understanding what lies beneath the surface, is the key to unlocking the door to achieving real meaningful results.

Overall I now know that the patient/ practitioner (student/ teacher) relationship is a powerful catalyst in manifesting one's highest health and wellness goals. My experience taught me to never underestimate human connections and compassion and the power to change our health and wellness is within each and every one of us! Change brings with it opportunity and if you truly want to change your life, you must first be willing to change your mind. As a passionate and dedicated practitioner it is my objective to help patients all over, understand that their health and life isn't what was given to them, it's what they create and what they are able to conquer and what they aim to achieve. And sometimes *"it is not the mountain we conquer, but ourselves"* Edmund Hillary.

Warmest Regards,

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