

# Course Correction

Wendy P. Thueson, M.H.

Cake decorating was my life's passion. I began at age twelve, after my mother suggested I find something I could do artistically that wouldn't take up so much room on the walls and shelves in the house. It was a way for me to express my artistic side and a socially acceptable way for me to continue with my sugar addiction and get praise for it. I attended Culinary school at Utah State University and shortly thereafter became very ill from eating the Standard American Diet.

My career path changed dramatically after receiving a divine answer to my health problems of chronic fatigue for 28 years, debilitating neck and back pain, Grave's disease, candida and a long list of other symptoms that resembled fibromyalgia



Eventually I gave up cake decorating all together and began teaching people about the incredible power of plants by changing over to a raw, whole-food, plant-based lifestyle. I was so excited to share the quick results I received of energy after only two days eating this way, and all my symptoms leaving after only a week. Clients began seeing good results as well.

This path led to my desire to learn more about herbs and how to use them for medicine, along with food, and I found the School of Natural Healing. After the Family Herbal Course, I was hooked. I tried the simple remedies I'd been taught on myself and my family and got even better results than the traditional medication we had been conditioned to use for colds, flu, strep-throat, pink eye and more. With four young children, it took me three years to complete the Master Herbalist program, but I'm glad I did. My children have become teens and adults and are healthier than I ever was at their ages.

I opened my Raw Chef Wendy Consulting business in 2009 and have enjoyed teaching classes to the public in various cities and states, as well as programs and private coaching online, and over the phone. I also write for the Utah Valley Health and Wellness magazine for Utah county and am a frequent guest Chef on Good Things Utah, ABC channel 4. I also speak at conferences and host wellness events.

I'm grateful for the thirty plus years I was a Pastry Chef and Cake Decorator because they taught me a lot about running a business and creating beautiful things. But the more I continued with that vocation, the more I felt I was hurting people's health. The course correction life created for me is so much better and I am able to use my artistic abilities in new ways, like graphic designing of marketing materials, food presentation and photography.

Clients I've worked with have seen reversals of all kinds of health conditions and are using the

information I teach them for prevention. It is so rewarding to watch people transform their health, like I did, using living plants for nutrition and medicine. I feel like this has always been my life's purpose, I just had to figure it out.

*Wendy P. Thueson, M.H. is the owner of Raw Chef Wendy, LLC. She is a professional chef, Master Herbalist, and Raw Food Lifestyle Coach. You can find her at [www.rawchefwendy.com](http://www.rawchefwendy.com).*