

Estela Roustan Streacker CTNC, DHS

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**When you feel your doctors
don't know what to do.**

- Speaker
- 5th Degree Black Belt
- Certified Transformational Nutrition Coach
- Digestive Health Specialist



**The Hidden Health Stressors
That Are Keeping You Fat,
Tired and Depressed.**

- ⇒ Reduce Stress
- Regain Your Energy
- ⇒ Reduce or Eliminate Pain
- ⇒ Get Rid of IBS Once & For All
- ⇒ Stop Your Heartburn Now
- ⇒ Live Longer

Other Talk Titles:

The Armor of God Moving Meditation

You Aren't What You Eat, Cupcake!

Estela's Bio:

When Estela's youngest son was chronically sick for over 10 years with, systemic inflammation, rashes all over his body, disrupted sleep, food allergies, digestive issues, environmental allergies and paralyzing phobias she felt she was in jeopardy of losing him.

She vowed if the doctors couldn't get to the bottom of his issues, she would. It took her 13 years to discover and solve his severe health problems, and she did this by using food as medicine, eliminating toxins, strengthening the liver, and calming the "fight or flight" episodes he was having by using "movement".

As the mother of 4 boys in five years, she quickly realized that each human being's health seemed to be unique. What worked for one son, might not work for another; thus each human is an experiment of one.

Estela has gone on to become certified as a Transformational Nutrition Coach and she has her Masters in Psychology. Her company is named My Health Puzzle because every person's health is made better with different combinations of systems and solutions.

Testimonials:

Estela is a woman who loves two things. She loves the Lord our God and she loves wellness and fitness. She believes that we have the Holy Spirit living in each one of us. She has a wonderful way of tying these two things together.

~Gail, Naperville Church of Christ member

Estela's enzyme therapy is fantastic. She discovered my problem areas through a simple palpation, and then she customized an enzyme treatment plan based on my personal issues. The enzymes she recommended for me worked great, and the follow up palpations showed major improvement.

~Laurel

It's been nearly a year since I met Estela, and I am so glad I took that leap! I feel healthier, calmer, and more capable in handling challenges than I have in several years. Balancing a full-time job, friends, family, kids, pets, volunteering, marriage, etc etc etc is a lot. I wondered if I was losing myself in the chaos, and now I feel much more in control of my path, my emotions, and how I participate in this wonderful thing we call LIFE!

~Jessica