



## Patricia Caswell-Evans

**Certified Wellness Consultant, Glenview**

### **Why are you passionate about wellness?**

I am passionate about wellness because I believe that healthy change is entirely a self-directed and active process. Becoming more aware of your personal choices can lead to better health and a more fulfilling life. Our wellbeing has an affect on everything we do, from our thought processes to our actions, even our emotions. Being a part of a store, department and club designed to help people achieve wellness is exciting to me.

### **What is your #1 Fx product recommendation?**

Our Vitamin D and Elderberry products for their immune system benefits.

### **Ask me about:**

PBS and Deepak Chopra's work and books.

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## Bethany Knipp

**Certified Wellness Consultant, Lake Bluff**

### **Why are you passionate about wellness?**

I love seeing the way that food and lifestyle choices can help a person thrive. I am passionate about learning the different ways to improve the health of myself, my loved ones and customers. I love having conversations every single day about nutrition, health, and natural living.

### **What is your #1 Fx product recommendation?**

I am all about those mushrooms! Not only do they taste delicious, but the variety of health benefits that can be obtained from each variety just blows my mind!

### **Ask me about:**

Gut health!

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## Danny Valente

**Certified Wellness Consultant, Bannockburn**

### **Why are you passionate about wellness?**

I'm passionate about wellness because your health is the foundation that enables you to live a successful and happy life. A healthy lifestyle, one that utilizes a plethora of whole foods, herbs, vitamins, and supplements can help the body overcome and reduce pain, sickness, and injury. It is wonderful to experience our customer's excitement when our wellness advice and products help them achieve their desired goals!

### **What is your #1 Fx product recommendation?**

Omega-3 fatty acids from animal proteins and plant-based sources.

### **Ask me about:**

New Zealand Green Lipped Mussel Oil.

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## Talia Wilkinson

**Certified Wellness Consultant, Bannockburn**

### **Why are you passionate about wellness?**

Wellness is everything! It really excites me to think about the power and impact that "wellness" has on someone's life. It could be anything from incorporating new foods in recipes, to battling illness, to spreading wellness to the community. I love connecting with customers, associates and the community.

### **What is your #1 Fx product recommendation?**

My favorite fruits are berries and bananas. My favorite veggies are tomatoes and cucumbers (and my dogs favorite, too!).

### **Ask me about:**

Gardening techniques!

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