



Beth Greer

Photographs by Theresa Vargo

THE SUPER NATURAL MOM[®]

“I don’t think people realize how important it is to eat pure, organic, life-enhancing food... it’s really the key to good health.”

—Beth Greer

by Maria Rea

We assume we are living a healthy lifestyle; we eat right, buy popular household products, exercise and spend time outside when we can, but are we really?

Recently I had the pleasure of speaking with the award-winning journalist, green holistic health educator, healthy home expert and impassioned champion of toxin-free living, Beth Greer, aka Super Natural Mom[®]. When we spoke, I

learned she is also a Huffington Post columnist, radio talk show host, bestselling author and trusted consumer advocate, who is leading a movement of awareness and responsibility about healthy home, school, and work environments. Formerly President of The Learning Annex, a nationally renowned private alternative adult education company, Beth has empowered thousands to discover new possibilities and make changes in their lives.



Beth wasn't always this conscious leader. Growing up in the era where the "Leave it to Beaver" housewife began to diminish in the rearview mirror, Beth was no stranger to processed foods like Swanson's TV Dinners and Velveeta cheese.

As she graduated from high school and went on to college, her interest in a healthy lifestyle emerged. Beth became more aware of what it took to live this type of lifestyle but had much to learn. It turns out that exercising and eating right is not enough.

As President of the Learning Annex, an adult education company hosting speakers such as Deepak Chopra, Tony Robins, Marianne Williamson, Barbara De Angelis and John Gray, to name a few, all in the personal growth industry, Beth had no reason to believe at this time that she was not living the healthy lifestyle she desired. After all, she was learning how to live a more connected, heart-centered, conscious life and learning from the best.

But one day Beth began to have excruciating pain in her shoulder so she sought chiropractic help for relief. After a couple of sessions without getting relief, her doctor thought it might be a herniated disk and suggested she get an MRI. In compliance, Beth received the shocking news that she had a huge mass (tumor) in her chest the size of a tennis ball pressing on the nerves that ran down her arm. Needing a biopsy, she was diagnosed with a benign schwannoma tumor.

Trying to come to terms with this diagnosis, Beth was then told that the only way to get rid of this tumor was to have surgery, with a caveat, that if it wasn't removed quickly, it was almost certain that it would turn to cancer in a very short time.

"This was a very scary time for me. Not only did I get this diagnosis, but had 3 different doctors tell me I needed surgery. The first surgeon wanted to cut me under my collarbone, the second surgeon wanted to cut

me under my armpit, and the third surgeon wanted to remove one of my ribs, accessing the tumor through my back. That's when I thought, the three of them can't even agree on how to do this, so I went to see a neurosurgeon who told me how risky the surgery really was. He explained that the tumor was encased in nerves, and if anyone severed those nerves, I would lose all feeling in my right hand, permanently. Well, that gave me pause. I needed time to step back and think."

Coincidentally, Beth had made prior reservations a month earlier at the Optimal Health Institute in San Diego for some rest and relaxation, which now, seemed like a divine intervention.

Upon arriving at the institute, she began an internal cleanse of raw vegetable juices and wheat-grass plus colonics, along with a spiritual cleanse to shift her energy. Within three days of these changes, Beth noticed the pain subsiding.

"I thought to myself; I'm on to something here! Returning after a week, I said to my husband, I'd like to continue this way of eating, I think it's helping me. So we began to eat raw and vegan for the next six months. I had also learned at the health institute that whatever was happening to my body had a message it was trying to tell me. So I would quiet my mind and listen to my inner voice to see what it was trying to say. What I heard was to 'simplify'.

I remember thinking; I'm eating right. I mean sure, I was going out to eat quite a bit, not really knowing how my food is being prepared, and I do use a microwave to heat things up. Okay, maybe I wasn't really paying attention to the finer points such as, what kind of oils I was using to cook with and the best way to purify my drinking water, and I certainly wasn't eating that many live foods."

She then began to look at other products she was using on her skin, such as her lotion, deodorant, and makeup. She also looked at the products she cleaned her home with. Reviewing the ingredients, Beth realized, not only was she unaware of what the ingredients were, she couldn't even pronounce them.

"Being that my background is in journalism, I began to do research. What I found was that the numerous chemicals in these products had deleterious effects on our health, so I decided then, to switch to all natural products."

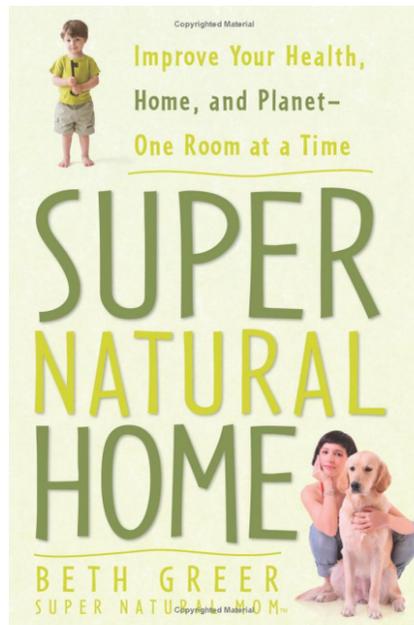
Within six months of simplifying her life, Beth's pain was completely gone. So she made another appointment with her doctor to have another scan to

take a look at her tumor. You can imagine her surprise when the tumor was completely gone.

"That set me on a crusade to let others know about my story. My message to the world was, don't wait to get sick before you make changes to your life. Pay attention to what you are putting in you, on you, and what surrounds you."

After Beth's medical crisis, which prompted her to re-evaluate her life, she wrote a book to sound the alarm to others. In her best-selling book, "Super Natural Home; Improve Your Health, Home, and Planet – One Room at a Time," endorsed by Deepak Chopra, Ralph Nader, Dr. Mercola and others, she shows how everyday items like food, beauty products,





household cleaners, bedding, and electronic equipment are making us sick. She exposes the alarming extent of the dangerous chemicals we unwittingly expose ourselves to every day. Beth wants others to know that by making different choices, it is possible to 'live clean' in a toxic world.

"I dedicated my book to my grandmother who lived a very natural life. She cooked from scratch and cleaned with all natural products. She was a true inspiration!"

To find out more about, "Super Natural Home: Improve Your Health, Home, and Planet— One Room at a Time" visit: supernaturalmom.com/book/

BEAUTIFUL YET CHALLENGING MOMENTS TEACH US

Unable to conceive, Beth and her husband adopted a beautiful baby girl. In the

delivery room, they cut the cord and held their new baby close. Little did they know that the lessons they were about to learn, would create a whole new mission in Beth's life.

They raised their baby in what Beth thought was an ideal environment: feeding her organic food and pure water, sending her to the best schools and blessing her with a conscious education. Thinking for years that she was doing everything right, Beth was shocked to discover that at age 15, her beautiful daughter was cutting herself, and was in chat rooms talking about suicide.

Absolutely devastated, Beth took her to a psychiatrist where they immediately wanted to put her on pharmaceutical drugs. Feeling that this was a bandage solution, Beth found other ways to manage her daughter's anxiety, including acupuncture, Feldenkrais bodywork, and working with a mentor/psychologist. Although this helped in the short term, it was only a few years later she became addicted to alcohol and marijuana.

"A friend of mine had told me of Dr. Albert Mensah, near Chicago who had helped her with some psychological issues and recommended that I contact him for help. I did order a brain biochemistry test kit but never used it until my daughter began to express rage. One day, out of anger, she kicked the kitchen cabinet door in and I had had enough. I made her give me a urine sample and

took her to the lab to get her blood work done. I hadn't even gotten the results back, when my daughter, a couple of days later, came home drunk with alcohol poisoning and had to be admitted to the ER.

Within a short period of time, we sent her to a Wilderness therapy program in Utah. While she was there the test results came back and I had a phone consult with Dr. Mensah who told me he didn't believe she was addicted but was self-medicating. He explained that she had a very low-stress tolerance and very high anxiety. That described my daughter to a "T". He then went on to say that genetically she was not processing certain "B" vitamins and she had a couple of conditions that were genetically passed down, so he prescribed some supplements he thought would help. Being in Wilderness therapy ensured she would take them twice a day and she did really well. Taking targeted supplements over prescription medication in combination with the correct therapy is what I know helped my daughter to be the responsible healthy young adult she is today."

What that experience sparked in Beth was the realization that she was not alone, and that there are many parents that are in crisis, often times left with no option, but to give prescription medication as their 'go to' treatment.

"So I started a podcast called "Kids in Crisis" where I interview leading Integrative and

Functional Medicine physicians, holistic health practitioners, researchers, and addiction specialists who share their expertise and innovative, non-drug approaches to successfully treating kids with mood and behavioral issues. I do this to show parents that there are safe alternatives. Sometimes it's as little as changing your child's routine and getting them off their screens for example. I interviewed Victoria Dunckley, a well-known Psychiatrist, and Author of "Reset Your Child's Brain," who puts kids on a 4-week screen fast which has been proven to help reverse behavioral problems like ADHD and even bipolar disorder in her clients. Kids spend an enormous amount of time in front of the screens of their phones and laptops, which is having a negative impact. So changing the habits of children can be life-saving. Anything from avoiding certain foods like dairy and gluten, to learning meditation to calm their minds, and encouraging them to exercise, helps."

Healthy Home, Healthy You

Beth offers a healthy home video course which helps to restore your health, your energy and improve your mood and productivity. She helps you create a non-toxic, chemical free, safe haven for you and your family.

"Creating a Healthy Home Webinar" is a step-by-step, four-part home-study course where Beth shows you through

video how to quickly spot and eliminate the toxins lurking in your food, personal care, and household products, by making simple, cost-effective changes in an organized, easy way.

In addition to the 4 one-hour videos, which you can work through at your leisure, Beth:

- Answer questions
- Gives you Resource Handouts and Checklists of Simple Solutions
- Provides opportunities to work with her to answer your questions and find solutions that work

You can even have Beth go room-by-room (virtually) through your home or office to identify your exposure to potential toxins that can be affecting your health, mood, and sleep and learn the simple changes you can make to eliminate them. Sometimes it's as easy as moving your bed!

supernaturalmom.com/creating-healthy-home-course-landing/

BETH'S ADVICE FOR LIVING YOUR BEST LIFE

"If you want more vitality, and energy,

as we all do, it's important to be in tune with nature as much as possible. By that I mean, eating organic whole fresh foods bursting with color, and using clean, natural products on your skin and in your home. Another secret is getting out in the sunlight before 10 am without sunglasses to let the light shine in your eyes to reset your melatonin levels. Try to be out in nature one hour every day. Take your lunch and go for a walk to connect. Pay attention to what goes into and on your body, and what and who you are surrounding yourself with. Don't wait until you get sick to make these small changes... do it now to enhance your life!"

To learn more about or to contact Beth please visit... supernaturalmom.com

