



What Lies Behind The Smile

Nicole Moneer

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CHEK Holistic Lifestyle Coach and International Federation of Body Building Pro Nicole Moneer has dedicated her entire career to helping people strengthen their bodies, minds, relationship with God, and sense of self-worth and confidence using her hard gained knowledge and expertise of eating right, exercising, and inward reflection to achieve both spiritual and emotional wellness. Starting with her time as a four-year-old saving her brother's life as an only viable bone marrow donor, Nicole's existence has revolved around bettering and enriching the lives of others, a fact that she would come to realize through much pain and suffering of her own. She has not always been the pinnacle of health and fitness that countless people turn to for exercise and dietary advice though. It has been a long, uphill climb. From the day she was born up until her early 30s, Nicole has been forced to deal with various infections, physical pain and discomfort, fatigue, asthma attacks and digestive issues, keeping her in a consistent cycle of prescription drug, antibiotics and medication usage which only exacerbated her physical ailments. Her relief came after completely putting an end to her dependency on prescription drugs and instead, began to make better eating choices, curb her alcohol consumption and smoking, detox to rid her body of harmful toxins, drop harmful people and relationships, and take natural supplements with the help of her integrative physician. Nicole will be the first to tell you that you can look healthy on the outside, but be suffering on the inside. Yes, you can be "skinny fat" and even though she has grown up the daughter of a doctor and a nurse, the abusive, neglectful nature of her father and her mother's oversight of healthy eating meant that Nicole would have to come to terms with her health and turn it around on her own. And that is exactly what she did. She has been able to help so many with her focus on eating healthy, taking natural supplements instead of prescription pharmaceuticals, tailoring your exercise routine to fit you, and cutting out negative people and influences in your life, as well as opening up your heart to God and the guidance that He can provide. The ability to improve our lives is in our hands. It just takes someone like Nicole Moneer to help show us just what we can do.

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