



Meet Iris A. Perez

A health and wellness coach with WellnessWits.



Hi, my name is Iris A. Perez. I'm a wife and mother to 4 children, ranging from 3yrs-12yrs old. I'm a licensed cosmetologist, I have my AA and I'm also a certified health coach. I would like to begin with my story and how I pursued being a health coach.

The beginning of 2018 we went through a great deal of health issues that began with my husband of 10 years. My husband went through painful gallbladder attacks that sent him to the ER constantly and they would administer morphine for the pain. He went for a total of 12 times to the ER that year. There were times I could not go with him because when the attacks happened they would be in the middle of the night. We had our 4 children sleeping and we didn't have anyone to come help so that I could accompany him. During this time I was in major distress and I wasn't sleeping just waiting to hear back from him.

Sometimes he wouldn't come home til late morning.

All while I was also going to school full time which added to my daily stress. This is the time I started to

This is her story and how she was completely healed. Using her faith, a whole foods diet and exercise.

experience some unusual symptoms. I remember one day going to Walmart and all of a sudden I felt light headed. It was a constant dizziness that wouldn't go away. I also felt an uneasiness with in me. I started to have stomach pain while at the store. I rushed home crying to my husband that something was really wrong and I thought I was getting an infection of some sort because of the symptoms I was having. I went to a family doctor the next day so they could determine what was wrong. They performed blood work on me and a urine test. The test results came back negative. They said everything looked normal but I didn't feel it. The attacks of dizziness, nausea, anxiety lingered through out the months and the doctors could not figure out why. They finally gave me antibiotics for a possibility of infection which escalated my symptoms. I started to have irregular heart palpitations, sudden moments of where I would forget to breathe while sleeping and would wake up gasping for air. Horrible anxiety attacks that I hadn't experienced before with sudden drops in blood glucose levels, low blood pressure and feeling exhausted most of the day. I literally thought I was dying. I was terrified at this point and desperate for help. I went to the hospital multiple times where they performed many test and they all came back normal. It made me feel so discouraged after that and hopeless, I just went home and laid on the couch ready to give up. After crying it out for a moment on my couch, I got enough courage to get up and fight harder. I had to realize that I wasn't alone and that God was with me. He wanted me whole and healthy. I completely gave it over to him and he answered "trust me". He had told me this before but it was so hard for me to just give it over to him. This time I knew I couldn't do this on my own any more. I felt led to look online for a holistic doctor to help me with this. I made the appointment and shortly after they put me in a nutritional, fitness and spiritual plan. I can confidently say after a year of the life style changes I have made I am completely healed. I feel and look my greatest ever. Throughout my healing journey God gave me this scripture of healing and hope to meditate on daily; Trust God from the bottom of your heart; don't try and figure out everything on your own. Listen for Gods voice in everything you do; everywhere you go; he's the one who will keep you on track. Don't assume that you know it all. Run to God! Run from evil! Your body will glow with health, your bones will vibrate with life! Honor God with everything you own; Give him the first and the best. Your barns

will burst, your wine vats will brim over. But Don't, dear friend, resent Gods discipline; Don't sulk under his loving correction. Its the child he loves that God corrects; a fathers delight is behind all of this. -Proverbs 3:5-12 MSG

After this dramatic experience in my life, it gave me the passion to help other people going through similar situations or people that are just pursuing to have a lifestyle change to look and feel their best. God wants us living our best life and that includes a healthy mind and body. And this is why I became part of Wellness wits. Let us help you reach your greatest potential to live, look and feel your greatest.