

# BONE APPETREAT

## Healthful recipes for your furry friend

### The story behind Designing Your Health

Laurie Southall, author of Bone Appetreat and principal of Designing Your Health, loved being active from the time she was a child. As an adult she ran, raced, competed in triathlons, and backpacked around the world while holding down a stressful job as a paramedic. But in August 2003, her life changed.

Laurie woke up that August morning and her hips and pubic bone hurt so badly she could barely get out of bed. As time went on the pain increased coupled with tremendous fatigue, leading her to sleep 15 hours each night. After many doctor's appointments and prescription medication, she was diagnosed with psoriatic arthritis and spondylitis in her hip and pubic bone. One of her doctors advised her that she would never run or return to her job again, but Laurie said, "I will be your miracle girl."

The further spread of the disease to Laurie's foot and neck drove her to take control of her own life and health. She educated herself through many avenues, adopting a more holistic view of healing and becoming a Registered Holistic Nutritionist and Allergist. Laurie continued her journey by changing her eating habits, clearing herself of allergies, healing with herbs and connecting her body, mind and spirit.

In August of 2005 she competed in Ironman Canada, finishing a 3.8 km swim, 180 km bike ride and 42.2 km run in under 17 hours. This accomplishment combined with a newfound passion for healthy living inspired her to launch Designing Your Health in 2006.

Laurie shares what she's learned through company services encompassing allergy testing and elimination, iridology, cancer coaching and healthy healing suggestions. Her focus now extends into working with dogs and other small animals, helping them to heal and achieve a better quality of life. Frequent cooking classes that show participants how to prepare whole and delicious meals are also offered, including one that features recipes from Bone Appetreat.

Today, Laurie considers herself the "miracle girl" that in 2003 she told her doctor she would be.

For more information on Designing Your Health go to [www.designingyourhealth.ca](http://www.designingyourhealth.ca).

