

My Story: A Return to Self...

I was 35 years old, and I was living the life! I was at the top of my fitness career, healthy and winning fitness shows. I was happily married, and new mom to a beautiful young boy!



Then, when my son Tristan was 5 years old, we went to see a pediatrician because we noticed he walked a bit funny. We assumed it has hip issues. We weren't prepared for what we were about to hear....



After a series of tests, the doctor pulled us into his room: "I'm sorry to tell you this, but your son has Duchenne Muscular Dystrophy." DMD, as it is known, is a terminal, degenerative condition that occurs spontaneously at conception, usually with boys. It slowly robs the body of its musculature, and eventually, all functions.

As a fitness coach and competitor, who spent her entire life helping others to build a lean, strong body, the irony wasn't lost on me: *I gave birth to a child with a muscle wasting disease*. The feelings of guilt were overwhelming... 'How can this be?' I asked myself over and over again....



My life was crashing down around me. From that moment onward, I lived with constant depression, sadness and anger. There was nothing I could do for my son. Nothing. I felt powerless to help him....

For almost 10 years, my body was filled with pain every waking moment. If someone lightly touched me, I would wince in pain. Every piece of my being were in absolute agony: my body, my mind and my Spirit. I was diagnosed with chronic fatigue, fibromyalgia and severe depression. I felt totally lost, having to watch my boy's health unwind, as well as my own. I felt powerless on all fronts.

My once strong, healthy body was broken. I was in constant pain. I cried endlessly. I was severely depressed. I suffered panic attacks that left me house bound. I was of no use to my son, who needed me so desperately.

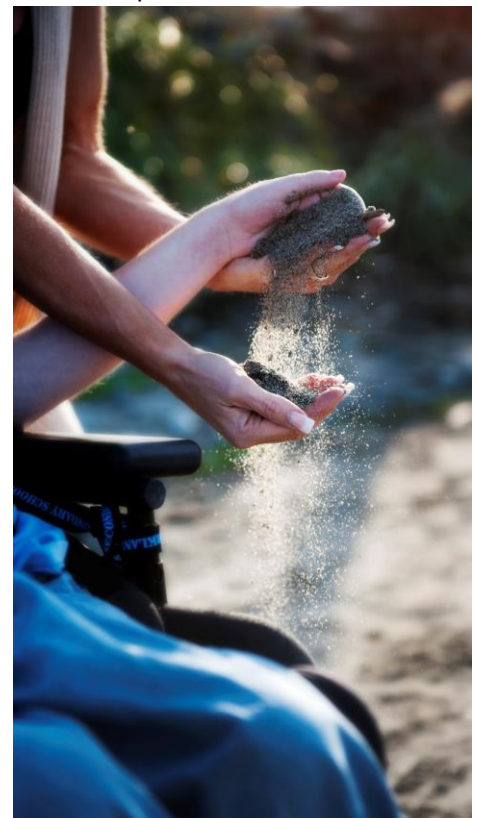
Doctors couldn't offer my son, or me, any concrete help. I knew that I needed a radical shifting of sorts, in order for us to survive. I knew I couldn't help my son if I was in constant mourning and pain. So I looked outside the traditional medical model into energy medicine.



And so I began my long, painful journey out of the dark and into the light...

For almost a decade, I went on a deep quest of all things spiritual, a quest that would help me alter conventional belief systems that keep us locked in fear, frustration, and lack. I took classes from seers and seekers, shamans and spiritual intuitives. I became a student of all things metaphysical. I stayed open and curious. I simply had nothing left to lose.

I learned about Universal Laws at work in our world. I was 'lifting the veil', and I began to see with fresh eyes, and experience a new world 'out there'. And slowly, my pain disappeared. My psyche strengthened. My vision changed. My body returned to health. I was strong and alive again! And most importantly, I began to 'see' my son's illness from a higher, more reflective place. I was opening up to the lessons, and living from a very different perspective. All was well in our world....



Today, I continue to live in two worlds

– our physical world and the world behind the veil – and I speak and teach the language of Spirit. What I know for sure, is that we **MUST** embrace Spirit, if we are to live a life of true health and wellness, and to live a full, rich life.

I now Walk with Spirit, each and every day, and I teach other women to do the same.



If you are feeling disconnected, lost, stressed, sad, angry or confused, know that you can regain your life and your health at any moment! If I can do it, **YOU** can do it too!

As a coach, nutritionist, and teacher, I support busy women like **YOU**, who carry the weight of the world on their shoulders, and know that there is a better way.

- You are committed to *change*, and willing to invest in yourself.
- You are willing to 'show up' and do the Work, to better your physical, mental and spiritual being!
- You are committed to staying on track, to be held accountable, and to using all available support and tools offered to you through our Community.

Whether you are struggling with weight, loss of shape, or life simply has gotten in the way of your best intentions to stay healthy and strong, our Community and its important Work offers **YOU** the chance to reclaim yourself, and your life, **NOW!**

THIS is what the *Warrior Woman Online Community* is all

about: we are courageous, committed, supportive, and accountable, and we are growing in our individual and collective lives every day!

We are Pioneer women who are re-defining what the 40+ woman looks like, and how she lives her life: with strength, purpose, clarity and passion!

Know that you are not alone in your Journey. 'No woman is an island'.

Much love,
xoxo

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If you would like a copy of my popular e-book, **One Rep at a Time: A Mother's lessons on lifting, loving and letting go**, please email me at <mailto:karen@mccoyfitness.ca>. I'd love to share more of my story with you.

