

For the better part of thirty years I lived with and suffered from an eating disorder. After countless hours in a therapist's office, several in-patient stays, I had all but given up. I believed this was the way I would live the rest of my life. Then I met Regina.



Shortly after our initial conversation began, Regina's calm demeanor silenced any fears that were present. I felt as though I was talking to a longtime friend. She has an uncanny ability to unmask and dissect the ego's defenses and get to the 'heart' of the matter.

During the many conversations we had Regina listened patiently. She intuitively knew when to challenge my self-centered, wounded ego and when to remain silent, allowing my own inner wisdom to discover the answers. Always positive, sensitive and patient she listened, guided and taught me how to train my mind by questioning each thought and asking "Is it true in the moment?"

As our time together progressed, she impressed upon me the importance of self-love, personal responsibility and challenging any negative thoughts that arise. Regina's self-assured, non-judgmental approach empowered me to understand that everything I need to heal comes from within. I was the one responsible for making the necessary changes to create the most peaceful, harmonious life possible.

Regina opens hearts. She reconnects us to the universal truths that are at the core of each and every one of us. Through my own determination and perseverance and Regina's guidance and unwavering faith, for the first time in my life I am free from the limitations of my past. I no longer live with or suffer from the eating disorder that controlled most of my life. Today I am Romancing My Soul...

Cindy Nielson, Sandy, Utah