

# CINDY COSTLEY



## POSSIBLE INTERVIEW TOPICS

- Your body is screaming at you, are you listening?
- The relationship between trauma, stress and allergic reactions
- How to manage your allergic reactions by listening to your body

As a result of healing from a severe Mast Cell disorder after suffering for over 34 years, Cindy has proactively shifted her focus to working with individuals who are open to seeing a new perspective around their allergies and healing the underlying reasons behind them.

Cindy used to believe that she had “won the allergy lottery” as she was allergic to nearly all chemicals, animals, plant life, and most foods. After healing the underlying reasons for her “allergies” (trauma), she is now nearly 100% asymptomatic from a disorder that “has no cure”.

Cindy utilizes her life experience living with and healing her disorder, along with her degree in Dietetics to assist individuals with managing and reducing/eliminating their allergic reactions. She is a passionate wellness coach who is excited to help others heal from a mental, emotional, physical, spiritual, and energetic aspect of life.

In her spare time, Cindy can be found walking around the harbor, driving her boat in the open seas, camping, water skiing, and spending time with her husband, kids and grand-babies.

She is committed to helping her clients understand the relationship between their trauma, stress, and allergies, and working with them as they take steps forward to heal and live a thriving life!

**Looking for a show guest that has made it her life's work to change the face of what it means to suffer from chronic allergic reactions? Then Cindy Costley is the expert to call.**