

# Janine Rose

## Dolley

Health and Wellness:

Certified Wellness Coach,

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Stress Management Specialist

Founder/Chief Executive Officer,

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- The Eden Reboot

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***“I want to inspire people; for someone to look at me and say, ‘BECAUSE OF YOU, I DIDN’T GIVE UP’.”***

**I**n the 1960s, convenience foods became the newest and greatest thing to give homemakers the freedom to put a quick dinner on the table. Unfortunately, the food and information that people were fed back then was not healthy, as Janine Rose Dolley learned the hard way.

“I learned to use margarine, because it was ‘better’ than butter. The more cheese on something, the more I liked it. Baked potatoes were always loaded and pasta was a staple. I ate a lot of home baked cookies filled with chocolate chips and brown sugar. I hated vegetables. Jell-O (loaded with sugar) was a favorite, and I loved sugary drinks.”

When Janine was young, she remained skinny, so assumed she was fine.

Years later, Janine married, had kids, and brought them up on hot dogs, chips, and Happy Meals. All the while, she suffered from migraines and depression, and she and her friends got heavier.



“We just thought it was inevitable; that it occurred with age. We had kids and no time and... a million excuses. We also loved our loaded nachos.”

However, Janine did not like what she saw in the mirror.

***“I was 250 pounds and my triglycerides were over 700; a number that shocked my doctor. I tried all the diets. Some would work for a while and I would lose weight, but then it would come back. Although I suffered with IBS and had my gallbladder removed, it didn’t occur to me that my eating habits and dieting were depriving my body of much needed nutrients and wreaking havoc on my digestion and health.”***

And in 2011, at the age of 51, Janine’s world was turned upside down.

## Q&A

“Two days before Christmas, I was diagnosed with Stage 3 triple-negative breast cancer. My oncologist told me my survival rate was much lower than if I had hormone positive cancer; and with 13 lymph nodes involved, she didn’t hold out much hope. However, surgery, chemotherapy, and radiation ‘might’ help. I was told to eat whatever I could keep down and not to take any supplements, as they might interfere with the chemo. In total shock, scared out of my wits, and too terrified to even consider other options, I went through the surgery, chemo, and radiation; the process nearly killed me.”

However, during treatment, despite her oncologists’ dire warnings that if she did anything but take the drugs prescribed, she would surely die; Janine researched ways of helping her body through the treatments and found many alternatives and things that would help.

“My doctor told me to eat pudding and Jell-O and drink nutritional supplement drinks; all nutritionally empty and full of sugar, which feeds the cancer. My research told me to start eating REAL, unprocessed food and suggested many dietary changes and supplements that would strengthen my immune system and help my body heal.”

Janine knew then that she had to get this information to others. She wanted her journey to help and inspire those facing chronic health issues. At 55 years of age, Janine has been free of cancer for over four years (as of this writing), at optimal weight, and off all but one medication. She is healthier than she has ever been in her life; energetic, happy, strong, and very positive of her outlook for the future.

“If I can help and inspire just one other person, it makes going through the cancer and related struggles worth every moment. I actually feel blessed to have had the experience, as it opened up this avenue for me. I think many are desperate to make a change, but they don’t know where to start or what that really means. I believe we’re all responsible for our own health, but so much mixed information is out there, that no one knows what to believe. Many people feel that change is just too difficult, but I want to show them that it is possible to make healthy changes BEFORE they end up with a life threatening illness.”



**Q: Why do you feel that your business is relevant in today’s world?**

*A: There is so much chronic illness today, primarily due to the standard American diet that most of us eat. There is also a lot of conflicting information. People get overwhelmed by that much information, so my role as a health coach is to cut through the confusion and help others reach optimal wellness.*

**Q: So do you work to cure people?**

*A: NO! I can’t cure anyone. The body itself has an innate, inborn ability to heal if given the right tools. What I CAN do is help others find what works for them to get their body functioning as well as it can for them, so it can heal itself and be strong (inside and out), which will help prevent and heal chronic issues.*

**Q: Looking back at your cancer, what are the most important things you want people to know?**

*A: Cancer is NOT an automatic death sentence. There are many, many options, from standard allopathic care (i.e. surgery, chemo, and radiation) to a myriad of unique, natural solutions. The threat of cancer, or other chronic illness, is minimized by adjusting your diet and lifestyle before you end up with a diagnosis. If already diagnosed, there are many things that one can do help their body heal.*

**Q: How is your health now?**

*A: It’s not perfect, although close; but it’s not about perfection. It’s about achieving the optimal health for each individual; we’re all unique.*

**Q: It sounds like a lot of work. Do you only focus on your health?**

*A: No, but I’m passionate about it and have experienced what can happen when we ignore our health. Being optimally healthy is a matter of changing one thing at a time. It doesn’t happen overnight, which is a great reason to have a health coach who can help you make those changes, keep you accountable, and walk with you.*

*You can learn more about Janine’s ways to achieve optimal health at <http://edenreboot.com>*

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