

How my journey begun

I was fascinated with biological sciences from a very young age. I enjoyed learning about the origins of life, genetics, health and diseases. In college I majored in Zoology and Microbiology and upon my graduation I embarked on a biomedical research career, at the Ifakara Health Institute in Tanzania. In the course of my career, I was particularly intrigued by the immune system and its role in health and disease. These interests led me to pursue a doctorate degree in Immunology and Microbiology at the University of Maryland, and thereafter, I conducted postdoctoral research in immunology at Emory University in Atlanta, Georgia.

Pieces of the puzzle

Through my research I **saw the awesome nature of the immune system and its' infinite potential for preventing disease**, healing, and sustaining good health. At the same time, I was very perplexed by immunological suppression in some individuals, causing the system to fail in its protective functions. I was also puzzled by the counterintuitive role of the immune system in some people causing excessive inflammation, allergies and autoimmune diseases. I was intrigued by this duality. **Why would a system that is designed to defend, protect, and heal either fail or become the opposite; a system that devastates**, and offends—an instigator of disease?

Glimpses of Clarity

It turns out, **stress compromises the immune system**. It corrupts the neurological signals that guide the function of the immune system. As a result, the immune system fails to meet its' natural potential and becomes suppressed or transformed into an attacker of one's own body. After this realization, I proceeded to conduct independent research with the Foundation of Human Understanding and their affiliates. I was drawn by their effective stress resolution strategies such as 'Cure Stress' that were attributed to healing and positive spiritual transformation.

Healing and Renewal

Individuals that followed through the 'Cure Stress' protocols demonstrated tremendous outcomes of healing, mental clarity, and overall wellness. They also demonstrated revived immunity potential. Therefore, **dissolving stress is a crucial component in the restoration of a robust immune system**. I am also a benefactor; I overcame my immunological irregularities manifesting as chronic seasonal allergies through 'Cure Stress'. I continuously boost my overall spiritual, emotional and physical wellness and productivity on the foundation of effective stress

resolution. Which is why I am committed in assisting individuals to realize and harness their innate capacity to dissolve stress effectively.