

spotlight on members



Spotlight on Members gives us the opportunity to hear about what our members are up to today, as well as how they found their way to the NHA Health Program. If you're interested in sharing your own story, we'd love to hear from you (please email essays of around 500 words, and one or two photos, to info@healthscience.org).

Juliya Novolt San Francisco, CA

I was born in Moscow in 1973 and emigrated to United States in 1989. That's when my SAD (Standard American Diet) life began, and it took me 25 years to figure out what was wrong and finally change it.

At the end of 2014 I was sick of what I saw in the mirror. At 41 years of age I was an overweight woman with low self-esteem, hiding under baggy clothes and avoiding public events. I decided it was time to change all of that immediately. I wanted to prove to myself and everyone else that age is just a number. Age is not an excuse to give up on improving one's health and self-image. I tried so many diets before, and though most of them worked for a short period, in terms of weight loss, I couldn't sustain the achieved weight and be healthy. I was looking for a lifestyle change.

My 2015 New Year's resolution was to start my lifestyle journey. In order to avoid flooding my friends' Facebook feeds with my updates, I decided to create a Facebook group, which I named "Lean&Clean Journey (Russian)" and I go by "Jul Nov" there. Most of my friends decided to join the group, where I posted photos of my food, interesting recipes, articles, and books I read. Anything I found that helped me stay focused on the path to this new lifestyle.

Shortly after starting the Facebook group, which grew to a membership of over 1,000 in the first year, I discovered the idea of a whole-food, plant-based diet and its health benefits. I learned that the main difference from a vegan diet is the near elimination of processed food. For example, Oreo cookies, potato chips, and soda may be a part of a vegan diet, however, they are far from being healthy or whole foods. Therefore, the foods we consume contain very high amounts of nutrients and minerals. From that point on, vegetables and fruits became my best friends!

After 10 months, I dropped 60 pounds, going from 181 to 121! I experienced so many new things on this journey. I learned of the enormous variety of healthy food choices available to me. I discovered sport

and exercise activities that I can perform at any given time or place, regardless of my budget. I learned about the importance of being my true self, how to take care of my body, and how to find emotional and physical balance. My energy level shot up, and I regained my self-confidence. I shared every success and discovery with my Facebook group.

On January first of 2016 I made another resolution: I committed to a 100% whole-food, plant-based, no-oil, no-sugar diet for a year. Here at the end of 2018, I am still going strong! My Facebook group is now by invitation only and has grown to over 3,000 members since 2015. The Facebook group is dedicated to attracting like-minded people who are determined to optimize their health and/or lose weight in the healthiest way possible. I promote a healthy plant-based lifestyle by sharing everything I learned over the last four years on the subject. Occasionally I host Facebook Live interviews with the most amazing plant-based gurus and promoters, such as Dr. Alan Goldhamer, Chef AJ, Luke Tan, Dr. Nathan Gershfeld, Sharon McRae, and more. I also organize workshops and WFPB events for the group members and cooking classes for teens. The interest is there and so is the joy!

Last November I started a new Facebook group devoted to the whole-food, plant-based SOFAS-free lifestyle. SOFAS stands for sugar, oil, flour, alcohol and salt, just like Chef AJ and Dr. Goldhamer at TrueNorth Health Center teach. I guide clients through a four-week challenge, which completely recalibrates their life-



Juliya before and after losing 60+ pounds.

style. It is very rewarding to see such dramatic changes: omnivores become plant-based, plant-based clients sign up for marathons, and people become energetic, fit, and beautiful in front of my eyes. And they don't want to stop!

All of these experiences have opened a deeper desire to help more people transition to this amazing way of life! It inspires me and keeps me focused and creative in bringing more programs to more people. I was fortunate to arrive at this lifestyle by choice, rather than a medical misfortune. This lifestyle is a key to keep people healthy to enjoy many years of life in good mental and physical shape. One can change at any age!

Last September I had the pleasure of meeting Mark and Wanda Huberman at the Ultimate Weight Loss conference in Las Vegas, organized by Chef AJ. As soon as I learned of the NHA's existence I knew I had to be a part of it, and support this movement in any way I can for the sake of our children, animals, and planet. Now, four months later, I am happy to share my first free online summit: "Plant Super Powers," launching January 28th where I interview over 20 leading experts in the plant-based movement, including Mark Huberman. I am also looking forward to the 2019 NHA Conference in June, where I hope to meet more plant-shining people and learn the latest discoveries in whole-food, plant-based health. 

FREE ONLINE SUMMIT 01.28.2019

PLANT SUPER POWERS

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Find more at plantsuperpowers.com Hosted by Jul No