

# PROFILE

## of a CHAMPION

### *Holly Pollatschek*

Devastating news came to Holly in 2013 that would change her life forever. “I was diagnosed with Multiple Sclerosis (MS) and given several treatment options for medications that were very expensive and had little to no improvement rates.” After emotional discussions with her husband, Holly decided to for-go medical treatment. “Then, by pure fate,” Holly remembers, “I was referred to NSP Manager Diane McLaren who happened to live but a few hours away from where I live. I had nothing to lose but to seek help. I started taking the recommended NSP herbs for my body and changing the way I viewed the food I was eating. It was at this point on my journey of healing that I finally felt the purpose for my life, which was to serve others and help those who were ready to begin healing. I could see all around me so many suffering people, that I no longer viewed the world or my life the same way. Because of Diane, I have been able to share with my loved ones over the years, the amazing ability of the body to heal itself if you give it what it needs; and I am proud to say, I have never had a relapse in the 5.5 years I have been on this journey.”

#### **Why Nature's Sunshine?**

“I choose NSP because I am a walking testimony that it works. The quality assurance and high standards that go into each product, make it an easy choice when compared to other companies out there. NSP has been around for 42 years, and I think that speaks for itself. I feel so blessed to have access to these herbs and supplements that I continue to refer and share them with as many people that come to me for help.”

#### **Your 3 keys to success:**

1. Faith: “Having faith in that you have everything you need in the season of life you are in. So, having faith in God's plan at the pace he chooses is the first key to success and enjoying the small wins along the way.”
2. Education: “Acknowledging that we do not know everything and never will is a key to growing and learning. Take courses each year; go to seminars; listen to podcasts; teach others; and learn from the mistakes you make or the questions you do not have answers to.”
3. Practice what you preach: “This is a tough one but an important one. You will not believe the impact you can have on people by doing exactly what you want people to do. I have a hard time watching people try to sell things just to make extra money and not walk the walk.”

#### **What is your ultimate goal?**

“I want to pursue my passion for educating people on health and wellness. I recently graduated from the Academy of Culinary Nutrition as a Certified Culinary Nutrition Expert. I also have plans to be a certified Herbalist in the spring and to continue to expand our homesteading practices on our 25-acre property. We also operate an air BnB that kicked off in December and has been a wonderful experience so far, another great opportunity to meet and reach others.”



*Holly Pollatschek*

#### **How we grow our business**

“Strangely enough, this hasn't been a typical business for me like many other NSP Managers. I take the herbs because they work, and I then share with people who come to me with health issues. I seem to attract others who want help and are curious how I did it. I take this opportunity to share my story and refer or recommend what I feel will help each individual. People who come to me for advice are generally ready to do what it takes to get well and those are the people I want to focus my time and energy on.

“I also believe others will grow in their business, in their health and in their relationships not when they see results necessarily, but when they make the decision that they are committed and will not give up no matter what. I encourage people to start slow and only make a few changes at a time, and do them well before moving on. Its about moving slow, but constantly moving. I feel so blessed and humble that people can feel safe messaging me or talking to me about their struggles and that I can lead them in some direction that I hope can change their lives.”