

JESSICA EATS

I AM STRONG, CALLED, CAPABLE, AND READY FOR THIS DAY.

MY BODY IS STRONG, AND I AM SAFE WITHIN IT.

I AM NOT A STATISTIC, MY STORY IS UNIQUE.

I AM THE ONE IN CONTROL OF MY HEALTH, NOT MY ILLNESS.

I KNOW MYSELF. I AM IN-TUNE WITH WHAT I NEED. I TAKE CARE OF MYSELF.

MY POTENTIAL FOR HAPPINESS IS NOT LIMITED BY MY CHRONIC ILLNESS.

THE DECISIONS MADE FOR ME BY DOCTORS OR WELL-MEANING FRIENDS DO NOT ACTUALLY DICTATE MY DECISIONS.

I AM CREATED FOR A LIFE OF FULLNESS, PURPOSE + JOY. MY CHRONIC ILLNESS DOES NOT GET TO STEAL THAT FROM ME.

I AM A WOMAN WHO DESERVES TIME, MONEY, ENERGY, AND HEALING.

I ASK FOR WHAT I NEED, HOLD BOUNDARIES AND PROTECT MY HEALTH.



YOUR CHRONIC ILLNESS BESTIE

I'm Jessica - a wife, a friend, recipe developer+ chronic illness warrior who's chasing my passion to help people like me.

I battled my own illness for over 17 years before I got a diagnosis. But even a diagnosis didn't bring me wellness...despite my best efforts. It wasn't until I stopped waiting for something to "fix me", stopped wallowing in the unfairness of my illness + took charge of my life that I started to see change.

I believe in grace + self love. I believe that, regardless of the circumstances that life sends our way, we CAN live a life of purpose and of joy.

I want this for you, sweet friend. I want you to know it doesn't have to be like this for one more day. You can choose a different path, you can thrive, you can love this life, you can escape the life of symptom management that feels like your only option. I promise you it's so worth it. And I'm here to show you the way.