

Sandra Strauss

Powering Up a World of Wellness & Wellbeing!






"Sandy is a passionate advocate for natural wellness in this increasingly toxic world.

She is well-informed, articulate, and focused on helping people upgrade their health naturally."

*~ Felix Liao, DDS, MAGD, A.B.G.D.
Whole Health Dental Center,
Falls Church, VA*

Optimum health and wellbeing are the cornerstones for vibrant living! Yet, with inflammation now directly linked to weight gain, energy drain, brain issues, and many chronic or life-threatening conditions, our wellness must be safeguarded.

Our 21st century world has changed dramatically with exposures to multiple inflammatory agents, putting health and wellbeing at risk:

-  *We're ingesting, inhaling, and absorbing environmental toxins, heavy metals, and chemicals at rapid rates.*
-  *Our diets increasingly contain nutrient-deficient foods, laced with sugars, chemicals, GMOs, antibiotics, hormones, food additives and others.*
-  *Stress and other lifestyle issues, infections (many undetected), and genetics, can lead to imbalances and bodies going haywire.*

We are all vulnerable. It's a wake-up call for us all! Now more than ever, we must take action to dramatically influence our own health destinies.

In her dual roles as a wellness champion and patient advocate, Sandy brings fresh perspectives for supporting vitality and life-enhancing wellbeing.

DYNAMIC OPTIONS, INC.

email: Sandy@SandraStrauss.com
703.867.7023

www.SandraStrauss.com

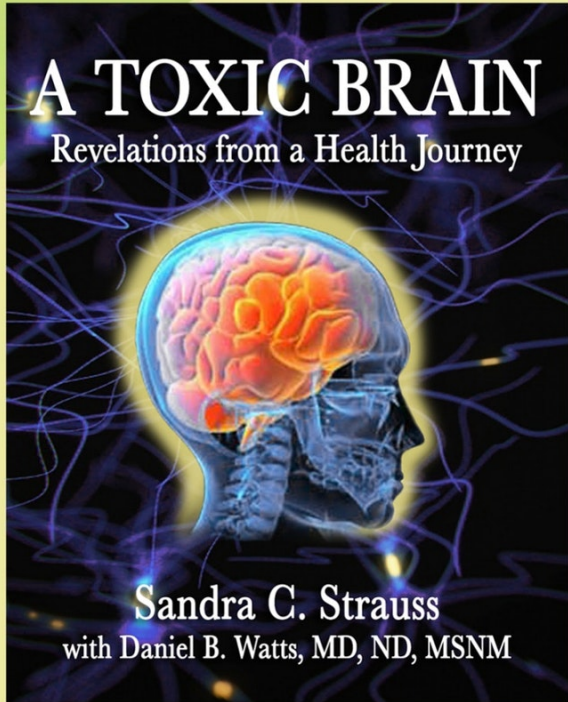
LinkedIn: www.linkedin.com/in/SandraStrauss

Facebook: www.facebook.com/DynamicOptionsforWellness







Sandra Strauss

Author, Speaker & Wellness Champion

**With a Passion for Inspiring Dynamic Destinies
of Wellness and Wellbeing!**



Sandy delivers life-enhancing wisdom
for empowering choices to:

-  *Adopt smart choices for toxic times*
-  *Transform wellness wishes into reality*
-  *Reduce stress and worry*
-  *Navigate through times of transition with an optimistic spirit*
-  *Feel fabulous, focused, and energized*
-  *Embrace life with guts, grace & gusto!*

**Customized to your needs, Sandy's presentations are delivered
with high energy--filled with optimism, inspiration,
and plenty of information to support health in a world gone haywire.**

"Sandy is a dynamic and informative speaker! Excellent keynote presentation—a powerful message, very inspirational and motivating. Great information about today's realities on health issues."

~ Sharon Kay Hackett, Organizational Development and Training Division County of Fairfax, VA

"Your presentation was very inspiring with action points for attendees to reflect and take action on. Very professional and uplifting!"

~ Judy Vitucci, Executive Director, Acoustic Neuroma Association

"Sandy is a fabulous role model! She is encouraging, upbeat and informative. Her energy and enthusiasm are contagious! We appreciated her message and participant feedback was excellent."

~ June Turner Environmental Protection Agency Washington, D.C.