

LAURA KOPEC – BIO

When Laura first began studying the human body in 1995, she made a decision to live in harmony with nature. In 1997 she moved to a small town in Eastern Washington and lived on an acre of land, all the while studying and practicing the relationship intended between man and nature. And so began a life of organic gardening,



harvesting, raising chickens, milking goats, and making everything from scratch. Laura taught herself how to culture yeast in order to make bread from the fresh flour from the grinder, make yogurt, cheese, and wine. Some ventures turned out to be more successful than others. She canned everything the fruit trees and garden yielded, and even learned how to can her own chicken soup from scratch. This led to making her own skincare products beginning with a stretch mark oil while pregnant with her first child. Little did she know that her homemade skincare products would eventually become Kopec Naturals Skincare and provide 100% natural skincare for people around the world, and that her passion for natural living would evolve into her holistic healthcare practice. The five years spent in Eastern Washington were an incredible foundation full of trial and error, highs and lows, ultimately deciding to return to an urban life with her children, and a message for all of humanity.

After leaving Washington, Laura spend the next several years focused on her education, writing, speaking and building Kopec Naturals, Inc. Laura holds a Doctorate in Traditional Naturopathy, a Master of Science in Health and Nutrition Education, a Master of Arts, and holds a Certificate in Nutritional Counseling. Her skincare products are now carried in all the Dallas and North Dallas Whole Foods Markets. Her private consulting practice helps individuals of all ages reach their personal health goals with specialties that include skin conditions, gastrointestinal conditions, infertility, postpartum fatigue, inflammation, hypothyroidism, and autoimmune conditions to name a few. Laura's passion for nutrition and the struggles she sees daily that people have with nutrition led her to write her first book, *Let's Get Real about Eating*. Laura saw a need for people not only to understand the connection between their health and what they eat, but take action. The information had to be well researched, easy to read, and have nutritional strategies to incorporate into their lifestyle. *Let's Get Real about Eating* is a refreshingly practical guide to nutrition and health, written to enlighten and empower all us to start making better choices when it comes to what we put in our bodies.

