

As a registered dietician who has improved lives in hospitals and nursing homes, Nida Gonzales has a personal goal to one day be a full-time medical missionary. "I've invested this business to God and I'm sharing his oils," Nida says. "The Lord has blessed me and when you give him the first part he will give back a hundred times more."



# Taking CARE

Gold-level distributor Nida Gonzales breaks **NEW GROUND** in the healthcare industry and builds a business at the same time

**A**s a migraine-sufferer working in a New Jersey hospital, Nida Gonzales had the very best resources at her disposal. A neurologist and friend regularly offered medication samples to give Nida relief from her headaches, but she began to be wary of the effectiveness and side effects of the medications.

"I just didn't feel right about it," Nida says. "The migraines were getting worse, and I started to feel the side effects of drug therapy."

A clinical dietician suggested Nida try peppermint oil, so she bought Young Living's Essential 7 kit.

"I signed up without questioning because I didn't want to take medication anymore," Nida says. "But I wasn't interested in network marketing. Initially I just used the products – within a week I started getting relief."

About a year after Nida purchased her essential oils kit, she attended a Young Living convention. She was surprised to meet other distributors and healthcare professionals whose first focus was a desire to help others – the business side was secondary.

#### SPREADING THE NEWS

With this new excitement, Nida began sharing her oils. Doctors and nurses at the hospital came to rely on Nida for help with relieving discomfort and dealing with stress.

"As a registered dietician people always ask me for advice, so I've established confidence in them. They trust me," Nida says.

And now, after Nida's most recent Young Living success, she's known and trusted by an even bigger circle. At a meeting in a geriatric care facility Nida consults for, someone mentioned the idea of using aromatherapy to help boost elderly patients' health and spirits.

"I asked to set up a presentation about Young Living oils," Nida says. "I ordered aromatherapy magazines from Europe and started doing research. I put together the protocol for using essential oils in the nursing home."

#### MAKING BIG CHANGES

After a few months of diffusing peppermint oil in the recreation room, lavender in the lounge area,


BY Ashley  
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and Peace & Calming in the patients' rooms, the mood of the patients changed dramatically.

"The patients rest better, we're able to calm them down and control their behavior better, and they're more active and are participating more in recreational activities," Nida says.

Nida was invited to share her accomplishments at a Young Living convention and has initiated her protocol in a second nursing home.

And on top of all that, she made it onto the top 10 list for Young Living's annual incentive cruise.

"I just wanted to improve the quality of life for the nursing home residents," Nida says. "Now I'm committed to sharing this with everyone. I want others to experience what I have." 

## NIDA *knows*

#### FAMILY

Husband, Manny

#### EDUCATION

Bachelor's degree in food and nutrition from the Philippines, master's degree in clinical nutrition from NYU, certified as a registered dietician

#### OTHER ROLES

Health educator; lecturer on lifestyle modification and holistic nutrition; health and temperance director at church; consultant in geriatric long-term care facilities; consultant in nutrition, weight management and diabetes management

#### FAVORITE YOUNG LIVING ESSENTIAL OIL

Peppermint. "It was the first oil I got interested in, and it's something I cannot live without. I have a very busy schedule meeting with critical patients in the ICU and with residents in the nursing home. I would not be able to handle all these things without the oils."