

Amanda McIntosh and Rachael Szmajda Discuss Women in Wellness with Candice Georgiadis

*Amanda McIntosh, founder of Take My Face Off.
Rachael Szmajda, Chief Purchasing Officer at Elemental Wellness Center*

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/EINPresswire.com/ -- Candice Georgiadis, owner of the blog by her namesake, interviews individuals on the cutting edge of hotel, travel, lifestyle and other similar topics. She expands the marketing footprint of individuals and companies with a combination of branding and imaging across social media and conventional websites.

The wellness industry continues to grow rapidly as people realize the benefits, short term and long term. Candice Georgiadis recently interviewed two companies, excerpts below, in the Wellness industry. The topic is women in wellness and shows how women are making major changes to an industry that had previously been slow to catch on and grow. Building their brand further is Candice Georgiadis' focus. She can do the same for your company. Reach out to her at the below contact options.

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Amanda McIntosh, founder of Take My Face Off

Can you share your top five "lifestyle tweaks" that you believe will help support people's journey towards better wellbeing? Please give an example or story for each.

1) Start paying attention to your body's reactions. Notice how you feel when you do things. I'm not saying you shouldn't pay attention to your doctor's advice, but sometimes your body is trying to send you a message and you shouldn't ignore it.



Amanda McIntosh, founder of Take My Face Off

Things like gluten, dairy, caffeine, or alcohol are problems for some people, but not for others. You won't know unless you pay attention.

For example, I always LOVED bread and starch, but I was sick my whole life. I had aches, pains, massive stomach problems, and I was constantly coming down with respiratory diseases. I also felt like a zombie. Doctors told me it was in my head. Out of desperation, I tried several things, including quitting gluten. Five weeks after I cut it out, I was a completely different person. I was more awake, happier, and I was totally pain free for the first time I could ever remember. To complete the trial, I stayed gluten free for a few more weeks, for seven weeks total and then I started adding it back to my diet.

Problems that had evaporated over those five weeks slowly came back. It's hard to overstate what a change this made for me. This was years ago, before "gluten-free" was common. I had an old-fashioned doctor who tried to convince me I was doing myself serious harm, but I felt amazing and I couldn't bear the thought

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Ignore the overnight success stories. We hear so much about the brands and the people who achieve success in a year or two that it's easy to think you're a failure if it doesn't work that way for you.”

*Amanda McIntosh, founder of
Take My Face Off*

of going back to feeling awful. So I ignored him and changed doctors. Later, I learned a lot more about the science of what gluten did to me, and I was so glad I had listened to my own body and found new doctors. For years, I tried to quit coffee. Finally, I switched to really noticing how it made me feel instead of letting my thinking be clouded by how I thought I should feel. I finally realized that a small amount of coffee in the morning and afternoon makes me feel amazing.

2) Look at your wellbeing as a “long game” and collect information carefully and over time. I've seen so many people make a slight change and then pronounce that it

didn't make any difference. Not to hammer the gluten thing, but you can't know if it impacts you unless you're extremely careful about eliminating it for weeks, preferably six. I see people skip a Friday pizza and then decide it didn't make a difference in their stomach issues. They might be right, but it's not like that's a very thorough experiment. Your health matters.



Rachael Szmajda-, Chief Purchasing Officer at
Elemental Wellness Center

Read [the rest of the points and complete interview here](#).

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Rachael Szmajda, Chief Purchasing Officer at Elemental Wellness Center

Can you share your top five “lifestyle tweaks” that you believe will help support people’s journey towards better wellbeing? Please give an example or story for each.

I’m honestly not sure what could I say to help support other people’s journey towards well-being, probably because I feel like I’m not well-equipped enough to even answer that question for myself. Wellbeing is a constant daily struggle that takes a lot of hard work, time, and dedication. Despite being fairly active, I personally have a tendency towards laziness at home. Maybe someone has a “lifestyle tweak” for me?

Tell people how you really feel. Dishonestly only breeds confusion and contempt, and people deserve to use the truth when making decisions in their lives. Especially when it comes to cannabis. As a buyer, many would be tempted to tell everyone what a great job they’ve done, so as to not hurt people feelings and egos. Initially, it may be hard to say no, and they may not take it well, but ultimately, it’s what they want/need to hear, and you’ll feel better for doing it. The most important thing to remember is to be impeccable with your words when doing it. If you’re able to give someone constructive feedback that they can take away and use to do better somehow, that will generally overpower any wound to the ego. I have personally seen many growers and brands completely transform themselves and their reach and relation to the members, by taking honest tips from buyers providing honest and straightforward feedback.

The [full interview is available here](#).

Be sure to reach out to Candice Georgiadis to get your social media marketing on the right track. You can reach her at the below contact options.

About Candice Georgiadis

Candice Georgiadis is an active mother of three as well as a designer, founder, social media expert, and philanthropist. Candice Georgiadis is the founder and designer at CG & CO. She is also the Founder of the Social Media and Marketing Agency: Digital Agency. Candice Georgiadis is a Social Media influencer and contributing writer to ThriveGlobal, Authority Magazine, and



Candice Georgiadis

several others. In addition to her busy work life, Candice is a volunteer and donor to St Jude's Children's hospital.

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