

Rose Cheung & Genevieve Wong and Justin & Taylor Norris Interviewed by Candice Georgiadis

Rose Cheung & Genevieve Wong, authors & teaching people about Traditional Chinese Medicine. Justin and Taylor Norris, together, founded LIT Method

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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.

Building a marketing plan can feel daunting at times. Bringing in an expert in the field may be the best decision you make, allowing a true focus on the company growth. Reach out to Candice Georgiadis at the below contact options to get a realistic and working marketing plan in place for 2022 and beyond.

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Rose Cheung & Genevieve Wong, authors & teaching people about Traditional Chinese Medicine

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.

Be persistent in what you want to do. Do not give up easily. Even in my diabetes study, we see how persistence pays off. The patients who bought my formula never got cured because they would try the formula for one or two months and then they would give up. They always seemed to have other options distracting them. On the other hand, we had patients who were quite poor. The ones who got cured were the mostly indigent patients who received the supplements for free. They didn’t have anything else to distract them since they did not have extra cash to spend, so they were persistent in getting themselves well.



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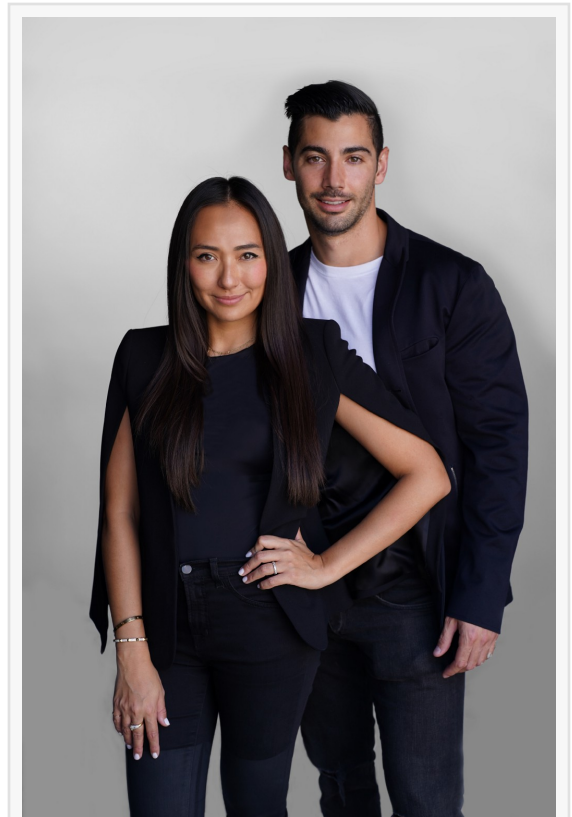
Have a critical mind. Don't just listen to what people say or follow the crowd. Just because your friends are taking a trendy supplement, doesn't mean it's the right thing for you. Be analytical. Study the seller's motives and really think about what they gain before you form your own opinion. Do not be swayed by advertisements.

Expand your horizon beyond what you normally do. Try new food and experiences. The herbs and vegetables we introduce in the book have great long term medicinal effects. It may seem foreign to you in the beginning but you will grow to like it. TCM may have a different concept than Western medicine. But do some research and you will see that some illnesses that Western medicine cannot seem to cure has a remedy within the TCM world.

Stay positive and be happy. Don't just compare your situation to others and think it should be better. Think of how it can be worse and you will feel grateful what you already have and be appreciative.

Teach yourself The Six Healing Sounds of Qigong. It's a breathing technique that helps rid your body of disease-causing qi. Essentially you say six different tones every

day to keep your heart, liver, spleen, lung and kidney healthy. When we are not feeling well, we will notice that we have problems singing one of the tones.



Justin and Taylor Norris, together, founded LIT Method

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I was homeless at 16. I worked a lot of jobs to get to where I am today & to not only build this company with my wife, but to build this life—for us, & now hopefully for a lot of entrepreneurs [...]"

Justin and Taylor Norris, together, founded LIT Method

[Read the rest of the interview here](#)

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Justin and Taylor Norris, together, founded LIT Method
Can you please give us your favorite "Life Lesson Quote"?
Can you share how that was relevant to you in your life?

TN: Can we have two since there are two of us? I'm going to assume we can. I think mine has to be one from several years ago from President Obama. It's great: "Focusing your life solely on making a buck shows a certain poverty of ambition. It asks too little of yourself. Because it's only when you hitch your wagon to something larger than

yourself that you realize your true potential." I like it because I've always said to myself and to Justin that everything we do has to be for a larger, lasting contribution. Not to oversimplify it, but what I mean when I say that is something that actually outlives us—outmatches any name or identity he and I could ever have as individuals or founders, and that is so deeply embedded in

the way people are able to have a better quality of life that it is just a staple, or an amenity that has evolved into an expectation. Because that's how much the work, the product, the brand has come to mean in a person's everyday existence. And yeah, I'd like to think that ties back to what you just asked about 'goodness'...and about a movement for good. Because all of this is intertwined—teamwork, community in our franchising, community in our company, a sense of togetherness around something that is literally bigger than any single one of us.

JN: I'm of course very partial to that as well. We've talked about the collective good a brand—and specifically LIT—can do in the long-term and that quote is always at the back of our minds. And I would add in a Kobe Bryant quote: "If you don't believe in yourself, no one will do it for you." I mean, I felt that in my bones when I first heard it.

[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 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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