



## **Belinda Bennett , Ngapuhi , Ngati Whatua**

Belinda is the co-owner of Go360 and a passionate **wellness coach**. Belinda settled in Rotorua 6 years ago and was drawn to the abundance of natural healing in the region and the diversity of the natural fauna and flora, and still is!

A natural therapist and certified in nutrition, as well as a tohunga Belinda has had a journey of health discovery over the last 17 years starting with the loss of her beloved matua.

He was told he had terminal cancer on his 56<sup>th</sup> birthday and was given a short time to live as he wasn't in a condition to be operated on, the doctor offered him chemotherapy to help prolong his life. This was the impetus for Belinda to study hard, reading everything she could get her hands on, up to 15 books a week sometimes! After building up enough information to make an informed choice they decided to take 'nature's way'.

*"At this stage dad was in a pretty bad state, we began our healing slowly starting with good wholesome food, plenty of good mineral water and walking which he built up over time. We then fasted and took supplements required for the body's building blocks, flax seed oil for the essential fatty acids, a good mineral and a good source of vegetable protein in a shake form. My father was thriving, he had lost a lot of weight regained, got his colour back, and started living again; lots of fishing!!! "*

For the following two years Matua did well, because he was doing so well he was now offered surgery, which he turned down, as he was looking for quality of life not quantity! Belinda continued to learn and Matua kept doing! Unfortunately he passed away from kidney failure.

This great loss for Belinda and her Whanua has driven and fuelled Belinda's passion to heal not only her close Whanua but the greater Hapu that she was born into 'the Maori people'.

Belinda brings wisdom, experiences, her life's journey, everything her father taught her and more.

**She is inspirational, life changing and most importantly real.**