Understanding Addiction and Homelessness

Samantha Lander's Early Struggles

College, Drugs, and Escalating Trouble

Breaking Point and Rehab

Recovery, Relapse, and Sobriety

Helping Women Heal Through Root-Cause Wellness

Mommy Wine Culture and Everyday Substance Use

Mission to Support Healthy Living

How to Connect with Samantha

I didn't really understand what I didn't really understand what addiction meant I I thought that was addiction meant I I thought that was living out of a car and being completely living out of a car and being completely homeless and I was far from that when it homeless and I was far from that when it happened Samantha Lander is a functional happened Samantha Lander is a functional diagnostic nutritionist but what led her diagnostic nutritionist but what led her to the health space was a life of Trials to the health space was a life of Trials and I thought I was an adult very young and I thought I was an adult very young and you know and part of that was like and you know and part of that was like I'm going to do whatever I want Samantha I'm going to do whatever I want Samantha attended the University of Michigan attended the University of Michigan where she soon found herself in a ccle where she soon found herself in a ccle of addiction and I found all the of addiction and I found all the wonderful drugs and things that didn't wonderful drugs and things that didn't cause me to black out and that became my cause me to black out and that became my new little cocktail and I was like new little cocktail and I was like immediately just hooked the health coach immediately just hooked the health coach then moved to LA where things escalated then moved to LA where things escalated I kind of went into the Sam's Club I kind of went into the Sam's Club mentality and decided to sell a lot of mentality and decided to sell a lot of drugs to L people and got myself into a drugs to L people and got myself into a lot of trouble while coupling with you lot of trouble while coupling with you know a severe addiction until she hit know a severe addiction until she hit her Breaking Point I had a full swat her Breaking Point I had a full swat raate at that point was looking at LA raate at that point was looking at LA County Prison time was looking at County Prison time was looking at Federal time and my dog put her head on Federal time and my dog put her head on my lap after I asked my dog if I should my lap after I asked my dog if I should go to rehab and that's when I decided to go to rehab and that's when I decided to go to rehab and while Lander was in go to rehab and while Lander was in rehab and started the Journey of rehab and started the Journey of recovery her life shifted bringing on recovery her life shifted bringing on new challenges and Seasons so I had 13 new challenges and Seasons so I had 13 years sober and I relapsed after my son years sober and I relapsed after my son was born and I started drinking which was born and I started drinking which was was not my go-to and that was harder was was not my go-to and that was harder to stop than all the drugs her journey to stop than all the drugs her journey back to sobriety led her to an entirely back to sobriety led her to an entirely New Passion and purpose I I just see so New Passion and purpose I I just see so many moms struggling with uh alcohol many moms struggling with uh alcohol abuse and not knowing what to do and abuse and not knowing what to do and worrying about what they will do like worrying about what they will do like what will I do if I'm not drinking with what will I do if I'm not drinking with all the other moms helping other women all the other moms helping other women after battling addiction and a multitude after battling addiction and a multitude of health problems Lander now educates of health problems Lander now educates and guides women to a healthier Life by and guides women to a healthier Life by running a variety of specialty test running a variety of specialty test lender helps clients heal from the lender helps clients heal from the inside and out she calls it a root cause inside and out she calls it a root cause approach to health and wellness whether approach to health and wellness whether battling bloating hormone imbalance battling bloating

hormone imbalance fatigue or health stresses Lander hopes fatigue or health stresses Lander hopes to help others find healing and with her to help others find healing and with her platform she also hopes to remind other platform she also hopes to remind other women struggling with substance es You women struggling with substance es You are not alone but the mommy wine culture are not alone but the mommy wine culture and even with weed now since it's legal and even with weed now since it's legal like everywhere it's just so it's just like everywhere it's just so it's just like eating a nice meal it's like it's like eating a nice meal it's like it's like normal it's like it's what you're like normal it's like it's what you're supposed to be doing every mom has a supposed to be doing every mom has a glass of wine at 3:00 because they're glass of wine at 3:00 because they're tired they've been working or they've tired they've been working or they've been taking care of their kids all day been taking care of their kids all day therefore we're allowed to do that therefore we're allowed to do that because for Samantha her job is not just because for Samantha her job is not just a job it is about helping others to look a job it is about helping others to look and feel their and feel their best all right well you can book a free best all right well you can book a free Discovery call with Samantha there's her Discovery call with Samantha there's her email as well as you could follow along email as well as you could follow along on social media she's constantly posting on social media she's constantly posting tips and tricks when it comes to Healthy tips and tricks when it comes to Healthy Living no matter what you're working Living no matter what you're working through she is there to lend a hand for through she is there to lend a hand for their information again right there on their information again right there on