

Rhi Duff

HEALTH AND LIFESTYLE
CONSULTANT



www.rhiduff.com

Hi, I'm Rhi!

HEALTH & LIFESTYLE CONSULTANT

I'm Rhi, a 42-year-old woman who has experienced a significant transformation in my life. I went through a period of health struggles, but I've since found healing and purpose.

In my earlier years, I enjoyed an active lifestyle, often spending time outdoors and relishing nature's beauty. However, my health took an unexpected turn when I was diagnosed with a chronic autoimmune disorder at the age of 34. It was a challenging period, but it led me to reevaluate my approach to health and well-being.





Over time, I became deeply interested in alternative and holistic healing practices. I explored nutrition, functional medicine, yoga, meditation, and other mind-body approaches. With determination and persistence, I gradually regained my health and vitality.

Now, I'm passionate about sharing my journey with others. As a health and wellness consultant, I offer guidance and support to individuals seeking to improve their well-being. My goal is to help them discover the benefits of holistic healing and self-care in their own lives.

My story is a reminder that positive change is possible, even in the face of health challenges. I'm here to support and inspire others on their own paths to wellness.



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GET IN TOUCH

Let's collaborate with one another and level up on our health and wellness together. You don't have to be alone on your journey!

Rhi