

With God's Love to Guide Her, Trejo Provides Healing

by Barbara Lynn Silberg

Jennifer Trejo, a naturopath and owner of Abundant Life Wellness Center, in Fort Worth, maintains a peaceful and calm office. The brown and green earth colors that predominate reflect her practical nature; airy light blues reflect her abiding spirituality. She and her husband Thomas have four children.



Their issues range from hormone imbalances, thyroid concerns, autoimmune disease, autism, allergies and everything in-between. Regardless, I look at the whole body, not just their symptoms. Even if the symptoms for two people are the same, my approach may be entirely different.

Natural Awakenings asked her to describe her mission and path in life.

Jennifer, how would you describe yourself?

I'm dedicated to my family; faith, family and service are paramount in my life. I love to learn and research, to stay on top of the latest information, so that knowledge can be integrated into my practice and passed to my clients.

How would you describe your business?

Personalized—no cookie-cutter protocols. After learning about their history, lifestyles and reviewing necessary tests, based upon their health concerns, I customize my approach to each client.

Whom do you help?

We see newborns to geriatric clients. About 40 percent of our clients are women, 30 percent are men. The rest

Who are your strongest influences and what did they teach you?

My mom taught me how to have a strong work ethic. My sister, Deana, taught me to believe in myself. She has always been my biggest supporter. Jesus taught me how to live and how to have a purpose in life.

How did you get started in your profession?

I worked in international human resources for 12 years, but when my father passed away suddenly from a heart attack, God opened my eyes to the concept that our bodies can heal themselves, given the right environment and support. My father's death deprived my children, nieces and nephews of a hands-on grandfather.

I believe having simple blood work, properly analyzed, could have brought to light his heart issues, and with proper changes to his diet and lifestyle, his life

could have been extended.

What achievements are you most proud of?

Leaving an established corporate career and stepping out in faith to go back to school to get my doctorate, and then opening my wellness center. I am thankful to my husband for his support and encouragement that helped me to be successful at my calling.

What are your long-term personal goals?

To keep my family healthy, foster my family's faith and to serve others.

What are your business goals?

To educate, educate, educate. Many of us, myself included, until several years ago, hand over our health to doctors exclusively. I believe we have a responsibility in ensuring how healthy we are, and we should not blindly give all that responsibility to another person. I want to continue to educate women wanting to conceive about the importance of avoiding toxins, how to detox properly and take stress off their bodies, in order to reduce the toxins that are passed to their babies in utero. I believe doing this prior to conception would reduce the neurological issues like autism and ADD/ADHD that I see in my office every week.

How would you like to be remembered?

As a loving and devoted wife and mother, and a practitioner that helped educate people on how to improve their health.

For more information about Jennifer Trejos' practice at Abundant Life Wellness Center, 3345 Western Center Blvd, Suite 140, in Fort Worth, call 817-847-0900, email: jennifer@abundantlifewellnesscenter.com or visit abundantlifewellnesscenter.com. Please see ad, page 7.

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