

Carey Schueler – in a league of her own



Ron Schueler with Carey, center, and her sister Kasey.

... continued from Page C1

"I changed the way I ate, as nutrition is massive. I changed the way I exercised and worked extremely hard on reducing stress and learned ways to improve my sleep. I learned how to reduce the toxins in my body daily. I added supplements to my diet that were specific to my

needs. I did specific functional medicine labs that revealed the state of my gut health [and] internal inflammation, and I worked with an amazing coach who taught me the immense value and importance of mindset."

It was this thinking that sent Schueler to a functional doctor rather than a general practitioner: "My functional

doctor helped me discover the root cause of my illness. I found out I had a leaky gut and that there was an overgrowth of bacteria. I was able to balance my adrenals so that my body stopped believing I was in a constant state of stress and panic, helping me to improve my sleep, and so on."

This led Schueler to get certified as an Integrative Healthy Practitioner and to start her own business, 4 My Health. "I look for underlying root causes, finding imbalances or deficiencies in someone's health to restore the equilibrium in a homeostasis or balance in their health. It's all designed to figure out what is causing their health disturbances and get them back into balance. I work closely with a functional medicine doctor here in Chicago and we have a business relationship where we will refer and often talk with each other"

Scott Brown has been a client of Schueler's and speaks highly of the results: "4 My

Health is fabulous. I have reached out to Carey about what I needed to do to have a healthy lifestyle and what to look for. I really appreciate what she has done for me. She answered all my questions and responds to any of my comments on Facebook. Our roles have changed as she is now my coach."

Most of her work with clients these days has been virtual, either on the phone, Zoom, Facetime and emailing text messages: "With these tools it has worked out incredibly well even with the quarantine." Still, Schueler offers this proviso: "The information I provide is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professionals or any information contained on or in any product label or packaging. You should not stop taking any medication without first consulting your physician."

Schueler and her wife, Kate Varde, were married in

2015 and each carried one of their children to term, 5-year-old Schueler Varde and 6-month-old Grace Varde. If genetics means anything, baseball and softball will be a big part of their lives. Varde played softball at Cornell and was inducted into the Cornell Sports Hall of Fame. "My son loves baseball," Schueler said. "It's such a beautiful game. We will share our love of sports with Grace as well."

It's been a few years since Schueler has been back to Lamorinda, but she still carries great memories of the community: "It's such a beautiful area and all three high schools are incredible schools and have great athletic programs. Academically you could not go wrong with any of them and it was an idyllic place to grow up. I don't think I really knew how good I had it when I was young. It's been a number of years since I've been out there, but it would certainly be interesting to come back and visit."

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