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# Carla Sánchez-Anderson

## *Unstoppable Beauty, Inside and Out*

BY KATHERINE A. CARROLL, NHF EXECUTIVE DIRECTOR

**O**ne tropical January in Puerto La Cruz, Venezuela, the wind whipping the waves into shimmering cascades of liquid Sun, a wee daughter claimed the position of firstborn child to Carlos and Maria. They named her Carla Ohana Sánchez García. In Venezuela, children take the last name of both mother and father. Five years later a second daughter, Gisel, would grace the Sánchez García household.

The two girls shared hours under the hot Venezuelan Sun, claiming the waves as their playground and living lives of half-mermaid, half-schoolgirls. It was an idyllic childhood despite the sadly now-usual episodes of bullying in high school. They were somewhat shielded from the political and declining financial status of the country in this pre-Chavez era. But Carlos and Maria were not.

### **Adios Venezuela**

Because of this, the Sánchez García family made the monumental decision to leave this land of Sun and Sea. They sold most everything, packed what little was left, and set off for the United States in 1995. The girls' carefree childhood and adolescence transformed instantly into years of tsunami-like struggle that would have overwhelmed most.

Carla was now 17-years old in a strange land. The family didn't speak English. The tropical heat and life by the sea in Miami, Florida was the only familiar touchstone from her once carefree youth. The vision of a bright future with greater educational opportunities for their children gave Carlos and Maria the strength to embrace a new life with their little family: The Amer-



ican years.

Carla makes clear, "I'm so thankful to them for making that decision and for all the hard work that was coming to another country with a different language and start from zero." These adorable little quirks, the combining of both English and familiar Spanish, the unintentional misspellings and omissions from a woman straddling two Worlds, are present all these years later. Venezuela is still much present in Carla, perhaps as her mother Maria is close; and culture, language, and tradition are kept alive between them.

Having left university in Venezuela, Carla immediately embraced American culture, plunging into English classes upon her arrival in 1995. Buoyed by her affinity for languages, she persisted in her studies, gaining an Associate of Arts Degree at Miami-Dade Community College (now known as Miami Dade College). America was the proving grounds for massive character development. Carla went from "zero" English to speaking English in two

years well enough to graduate with honors in four years total on a student visa. Additionally, during this time, she launched out on her own, leaving home at age 18.

### **Self-Sufficient and a Self-Starter**

She diligently searched for a way to support her drive for education, discovering a little-known scholarship for international students who maintained good grades. An artist visa and her exotic Venezuelan beauty allowed her to break into modeling, acting, theater, commercials for TV, and even short films. Carla's first big break took her to strange new lands. The European film *Ernstfall in Havana* took this young woman to Santo Domingo in the Dominican Republic and to vastly different, far-off Switzerland. She succeeded brilliantly as the costar playing a Cuban girl.

These early experiences laid a firm foundation for the life of travel and ease in front of the camera that now mark Carla's life. "It taught me that everything we set our minds to do is possible. And that changes are always good. I have grown accustomed to liking and accepting change as a positive thing and that has helped shaped who I am today," she confides. She is a seemingly fearless woman who refuses to exist inside limitations' constricting bounds. She pursues what she wants, even if that means going through uncomfortable changes and experiences. Yet she admits, "I do experience fear but I don't let that get in the way of what I want. I conquer my fear by focusing on my goals and dreams and knowing that nothing is impossible."

## Health Problems Solved by Natural Cures

Despite enjoying increased opportunities, the challenging “American” years definitely took a toll upon the family. In addition to Carla’s parents divorcing, she assumed partial financial care of her now-single mother Maria. This additional stress exacerbated a severe elimination dysfunction that had actually been ongoing since childhood. Knowing this to be a major source of disease, Carla searched hard for answers. It wasn’t until she started green-juicing seven years ago that her lifelong health problem fully resolved. The remarkable change was her trigger into health and actually served to release her into her true passion and destiny.

But, first, another equally engaging passion consumed her, taking Carla to the altar and to another level in her health quest. She married Craig Anderson, Jr. – “The Rock” – in 2014. Partly motivated to be the most beautiful, fit bride she could be, and partly because her simultaneous passion for health drove her, she threw herself into projects that would come to define her work in health and health freedom today – and got the body of a lifetime in the process, both inside and out.

## The Student of Health Becomes the Teacher of Health

Carla became a certified nutrition coach shortly before she became Mrs. Carla Sánchez-Anderson. Because of her own amazing improvements in health, she wanted to spread awareness of how people could become healthy naturally. She herself had been able to find a natural solution to a chronic problem through real food. So, Carla teaches that real food and nutritional supplements equal real natural medicine; and that we should all take control of our health by what we put into our bodies. She reminds us that we have the control and the right to choose what is healthy for us.

When I asked Carla if health freedom was taught in her nutritional coaching

courses, she said it was not. Nor was it in my own Nutritional Therapy Practitioner courses. We both agreed that health-freedom activists need to write the modules that will truly prepare graduates to champion and protect food, beverages, nutritional supplements, and the right to choose their healthcare practitioner, and therapy, or whether to vaccinate or not. Never shy about speaking out, Carla adds, “We have the right to true healthy food: no GMOs, hormones or antibiotics; we have the right to go back to basics. Real food is the real answer to health.”

Carla next started an online television program called *Organic Life TV* (<https://organiclife.tv/>) and wrote an e-book titled *3 Day Detox Plan: Jump-Start The Journey To Your Healthy Weight!* (available on Amazon). These provide Carla with the perfect platform to use all of her knowledge and past experiences to expand her healing message beyond the English linguistic world and on to Spanish-speaking people.

Unstoppable, Carla also created the *Change Your Mind, Change Your Body* program, a 21-day transformation for women ages 30-55. Speaking specifically to women tired of how they look and feel, Carla’s digital program targets the mind and body teaching meditation, proper breathing, visualization, and self-love from the inside out. She also trains individuals on how to understand the way food truly works in their bodies. She says, “Sugar is the No. 1 enemy! Eat more fruits and vegetables; portion specific. Women can anticipate losing between 8-12 pounds in 21 days because they change their relationship with food. The mind-work is what makes this program successful. I have created a tool to work from the inside out.” Good healthy food, healthy lifestyle equals true beauty from the inside out. Through her platform at <https://OrganicLife.TV>, Carla is empowering and inspirational, guiding in a “back to basics” approach that is proving successful. Delivered in smaller “bites,” the takeaways stick with people and their lives are changed.

## National Health Federation and Health Freedom

Importantly, Carla was sought out by the National Health Federation because of her proven skills and dedication. In January 2016, she was elected by the NHF membership to the National Health Federation Board of Governors.

“More people should know what NHF does for them,” Carla feels. Her dream is to spread awareness about healthy living and to inspire people to take action because knowledge without action is futile. She adds, “We have the right and the responsibility to promote your health freedom so that you can be healthy.” Because of NHF’s focus on education, natural medicine, and protecting food, beverages, and nutritional supplements both nationally and at Codex Alimentarius, Carla’s elected position on the NHF Board of Governors provides her with the leverage to support all of our work in these arenas.

“With the NHF we need to reach the masses to aggressively educate our society on health freedom and our rights. This is a movement of knowing what true health really means; and learning what is in our food is an essential part of that. This is also a movement of finding natural ways of healing but also a movement of taking action and being in control of our health; and that’s what we are and what we do with the NHF.”

While Carla and her husband Craig plan to have a family, she will continue teaching how to build health from the inside out. This dynamic lady is equally committed to her larger family as well: The World’s many inhabitants and their mind-body-spirit health. Her passionate, signature-style of teaching, comfortable both behind and in front of the camera, or even just using the keyboard, will increasingly encompass many others as she continues her nutrition instruction, coaching, and inspiring the health-freedom world. 