

About Luanne Pennesi, RN, MS

Luanne Pennesi, a registered nurse practicing for over 37 years in both conventional and integrative medicine, shares information that motivates people to take back their personal power and lead happier, more productive lives at ANY age.

Her work is the missing link between the confusing, overwhelming and conflicting information about "new age" or "alternative" approaches to health and anti-aging and the practical application of real-time, common sense, scientifically based information to help you take full control over your health and longevity and often save your own life naturally. She makes learning fun as she presents holistic health concepts in a manner that is easy to understand and to integrate.

Luanne: "I believe that the technology and diagnostic wisdom of conventional medicine is essential to utilize. Emergency medicine, diagnostic procedures and reconstructive surgeries do help people to live longer, more quality lives. What I object to is the arrogance of a system that does not honor time tested, scientifically documented therapies that do not originate from their sacred halls, those that they cannot assert political and fiscal control over. It is time we offered the public alternatives to many standard medical therapies that just plain don't help people to heal. I have witnessed people who have reversed dozens of conditions that conventional medicine has failed miserably at reversing in spite of the millions of dollars of research that go into studies controlled by the very pharmaceutical companies that are selling the drugs to suppress the symptoms that our bodies manifest in order to beg our attention. Every one of us deserves to be happy, optimally healthy and wealthy. I believe that in life pain is inevitable and suffering is an option. I also believe that change is inevitable and GROWTH is an option. We are all gifted in some way, and we need to be sourcing our lives around manifesting our own individual potentials and greatness, what I call "living authentically" and not adapting to other people's agendas for us and spending way too much time holding on to pain from past life events. I help people to live much more deliberately and I am impressed with how quickly people heal when they are given the right tools to work with."

Luanne also lives the adventurous, authentic lifestyle she prescribes for others. She is a world class athlete in race walking and competed in roller skate ballroom dancing. She lives in New York with her parrots and has offices in Middle Island and Glen Cove on Long Island as well as in New York City, Los Angeles, CA and Naples, FL.

Website: www.Metropolitanwellness.com