



PRESS KIT/FACT SHEET

Josette Roozen-Tkacik

Medical Miracle & Wellness Pioneer
Santa Barbara, California + West Palm Beach, Florida USA

BIOGRAPHY

Josette is an internationally recognized wellness expert and medical miracle whose journey has inspired thousands worldwide. A former Joffrey Ballet professional dancer, she defied conventional medicine in 2011 when she successfully reversed advanced rheumatoid arthritis through holistic methods, transforming her devastating diagnosis into a groundbreaking healing methodology that has helped countless others. (Documented Lab Results show NED - No Evidence Of Disease).

NOTABLE ACHIEVEMENTS

- Named "Santa Barbara's Dancing Queen" by Santa Barbara Magazine
- Congressional Award Recipient for Community Health & Wellness
- California State Assembly Award Honoree
- Santa Barbara Local Hero Award
- Top 3 Digital Author on DailyOM
- Featured Expert on Humanity's Team
- Zumba Hero Recognition
- Featured on hundreds of podcasts and media outlets

GROUNDBREAKING SUCCESS

Following her 2011 diagnosis with advanced rheumatoid arthritis, Josette:

- Rejected conventional pharmaceutical treatments
- Developed innovative holistic healing methods
- Built the world's most successful Zumba class
- Maintained top instructor status for 13 consecutive years
- Achieved complete reversal of RA symptoms
- Was declared a "medical miracle" by medical professionals

EXPERTISE & OFFERINGS

Speaking Topics:

- Breaking Free from Medical Limitations
- The Mind-Body Connection in Chronic Illness
- Dance as Medicine
- Natural Approaches to Autoimmune Conditions
- Transformational Wellness
- Healing Through Movement

Professional Services:

- Keynote Speaking
- Wellness Workshops
- Corporate Wellness Programs
- Online Courses
- Private Consulting
- Media Commentary

ONLINE PRESENCE

- Founder of successful online wellness courses
- Creator of comprehensive RA healing program
- Digital wellness educator
- Movement therapy pioneer
- Holistic health advocate

SIGNATURE STORY

In 2011, as a former professional ballet dancer and young mother, Josette received a devastating diagnosis: advanced rheumatoid arthritis. Medical professionals told her she would never dance again and prescribed a lifetime of powerful medications. Instead of accepting this prognosis, she embarked on a holistic healing journey that would not only transform her own life but revolutionize our understanding of autoimmune conditions.

Starting as a disabled Zumba instructor, she built the most successful Zumba class in the world while simultaneously healing her condition. Her unprecedented recovery, achieved without pharmaceutical intervention, has been recognized as a medical miracle and challenges conventional wisdom about the "incurable" nature of rheumatoid arthritis.

MEDIA INQUIRIES

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