



Inspirational Stories

ASPIRE: to long, aim, or seek ambitiously; be eagerly desirous, especially for something great or of high value

Inspirational stories never cease to amaze me! The challenges that are faced, the obstacles that are endured and overcome, and the transformations to a person's life and the lives of those around them extends far beyond that than anyone might imagine. It is with admiration that Liquid Sun Rayz shares the stories of five people that have faced a turning point and yet they chose to believe; believe they could beat the odds, believed they were worth it, and believe in helping others. As you read about the journeys of each person, knowing that living a lifestyle dedicated to being strong and healthy played such an important role in their success, will hopefully motivate you in your own journey.

MEGHAN SANTA BARBARA

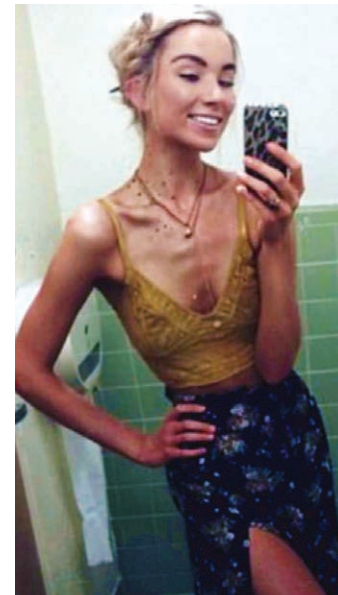
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My name is Meghan Santa Barbara and I am a 23 year-old IFBB Figure Pro, a full-time Doctorate of Chiropractic student, Palmer College of Chiropractic, and Nutrition Consultant/Prep coach for Scooby Prep. Originally from West Virginia, I currently reside in Florida.

From the age of 3 up until I was 18 years old, Ballet was my true passion. Around the age of 14 years old I started attaching negative emotions to said passion. I have always been a perfectionist, but ballet tipped me over the edge. I never thought I was good enough, thin enough, pretty enough, smart enough, etc. The negative thoughts and emotions overpowered me and ended up turning into a full blown eating disorder with depression and anxiety. The turning point came the Christmas after I turned 15 years old. I was going to see a new therapist and he started out my session by taking my vitals. He stopped his exam, turned to my dad, and said "You need to take her to emergency right now". My blood pressure and heart rate were seriously low and I was hospitalized

for a few days. Thankfully, I was discharged from the hospital and could celebrate Christmas with my family—it was a Christmas to remember, but not in a positive way. I was officially diagnosed with anorexia nervosa and bulimia nervosa along with depression and anxiety. I had to pull out of dance for approximately 6 months while I attended an out-patient eating disorder program in Bethesda, MD at the Renfrew Center. I continued to see a therapist and psychologist until I left for college two years later.

Everyone, including myself, believed I was recovered. I attended the University of North Carolina School of the Arts with a major in Classical ballet. The first semester went very well and my passion for dance was stronger than ever. By the second semester, the negative emotions and thoughts overwhelmed me again. I began isolating myself in my dorm room, hiding food, skipping meals, dancing all day and then forcing myself to go to the gym to do 1-2 hours of cardio. My eating disorder was back and worse than ever before.



It was time to make a change. I transferred to a school that was only 15 minutes away from my home in West Virginia and stopped dancing completely. Initially, life without dance made me feel like my complete identity was lost. I joined a gym and two years later, I became one of their personal trainers. I used the gym to fuel my eating disorder and spent hours on end burning calories overtraining. My eating disorder persisted throughout my entire time pursuing my undergraduate degree. I continued to see a therapist and psychologist and eventually took some control over my eating disorder. I was not fully recovered, but I had a better sense of how to cope with my feelings instead of restricting my food, bingeing and purging or over exercising.

By the time I was 18, I had a better handle on my eating disorder and I began incorporating strength training into my exercise routine. Around the same time, I re-kindled a relationship with my boyfriend, Anthony. He has been a life saver for me and

is, besides my immediate family, the biggest supporter when it comes to all that I have overcome and accomplished. In the fall of 2015, Anthony took me to my first bodybuilding show and another show in spring of 2016 to support a friend. After seeing that show, I decided I wanted to compete. Jason Theobald began coaching me. I won five trophies in my first show! My fire was lit and I was ready for more! Next I competed in a larger show and won again and then we decided to see how I would do at a national level show; I placed 5th in my class at NPC Junior Nationals. Not only had I gained a passion for the sport, but I

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also developed a passion for helping others through training and nutrition. My coach became my mentor and I joined the team as a Scooby Prep coach. Jason continued to coach me during my improvement season and we made the necessary improvements for me to win my pro card at NPC Junior Nationals in 2018. I am planning to make my pro debut at the 2020 IFBB Orlando Europa.

Unlimited potential and success. Prepping while in a doctorate program is not going to be easy—but it's going to be worth it. I am dedicated to my crafts—chiropractic, coaching, AND competing. I believe that if something is important to you, you will find a way to do it—despite the odds and obstacles you may have to overcome in the process. Health and happiness. This sounds cliché, but my future will be bright due to my positive mindset on life as well as my health—both mentally and physically.