

**Skip Stein**  
**Polymath Health & Lifestyle Consultant**  
**Healing, Health & Longevity**

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I have been a business consulting professional having dealt with issues and solutions to problems in the areas of business systems processes, electronic commerce and Health & Wellness. I founded Management Systems Consulting, Inc., in 1998 with a focus on enterprise-wide business analytic process improvements and profit generation. I have been a leader in the organizational challenges and approach solutions that are inclusive and that work across the entire organization.

I am now involved with Whole Foods 4 Healthy Living, our health & wellness practice and services with a focus on individual and corporate Health, Wellness and Productivity.

With my extensive background in Travel as an Information Technology Road Warrior combined with my recent growth in the field of Whole Foods Healthy Living Lifestyle, I have combined these skills to provide a Unique Consulting Service focused on Total Health which encompasses Plant Based Cuisine, Travel Adventures, Individual Health and Longevity.

I have devoted much of my time to research and learning about how Lifestyle contributes to overall Health & Wellness. As a Nutritional Holistic Cancer Survivor, I understand how lifestyle changes can impact the progression/reversal of disease. This background has provided me with an understanding how to build a healthy and vital lifestyle to support the strenuous work demands of today's overburdened work associates.

I have written and published many articles in respected international journals and in social media as well as on our own many web sites. Most are available at <http://publishing.wf4hl.com>. Business/Technology articles are archived at <https://hjs-enterprises.com/white-paper-index.html>.

I apply my degree in Psychology during health and wellness counseling sessions to ease clients into a new lifestyle and begin the journey to health and wellness. My degree in Behavioral Psychology from the University of Houston, provides an excellent background for my Lifestyle Counseling practice.

**Citizenship:** United States of America  
**Education:** B. S. Psychology  
University of Houston, Houston Texas

**Certification:** CISA - Certified Information Systems Auditor  
CDP - Certificate in Data Processing

**Web Sites:** [WholeFoods4HealthyLiving.com](http://WholeFoods4HealthyLiving.com),  
[RestoringAmericasHealth.com](http://RestoringAmericasHealth.com),  
[Lifestyle.wf4hl.com](http://Lifestyle.wf4hl.com),  
[Roadtripping.wf4hl.com](http://Roadtripping.wf4hl.com),  
[CorporateWellness.wf4hl.com](http://CorporateWellness.wf4hl.com),  
[HJS-Enterprises.com](http://HJS-Enterprises.com)