

Skip Stein

Polymath Health & Lifestyle Consultant

Healing, Health & Longevity

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I am a business 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 analytics, process improvement 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 Corporate Health, Wellness and Productivity. My business analytical services can provide you with functional process reviews, productivity analysis focused on individuals and small-medium businesses.

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,
RestoringAmericasHealth.com, Lifestyle.wf4hl.com,
Travel, Hiking & Adventure at Roadtripping.wf4hl.com,
CorporateWellness.wf4hl.com, Business Consulting Services at
HJS-Enterprises.com

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