

Have you ever wondered what is toxic to the human spirit?

Tzeli Triantafillou (pronounced “Zel-ee”, the “T” is silent) is a toxicologist and a Corporate America healthcare veteran, who provides compelling perspectives, insights, concepts, and tools that illuminate the “how” to defeat life’s toxicity and be our best self, no matter what life throws at us.

Passionate about the science behind human suffering, Tzeli began philosophizing and pursuing science to find the cause and antidote to what is toxic in life at the age of nine!

Three decades later, she thought she had done enough to be able to provide a qualified answer to that question: She had earned a Bachelor’s of Science in Toxicology, developed five drugs for three different types of cancer, won many battles against stigma and discrimination as an HIV/AIDS advocate, and garnered a myriad of awards for outstanding performance in corporate healthcare sales, leadership, and training.

But it was not until Tzeli had to apply her hard-earned knowledge to overcome her own health crises, that she actually discerned what the real toxicity is that makes us suffer and what we can do within our own power and control to defeat it!

She is now on a mission to bring together science and the everyday experience of human beings in meaningful ways that help us reconnect with our best, most powerful self.

She does so by illuminating hidden connections between mind and body in the parameters of an unconventional wellness business called “Myndzen.”

Please help me welcome, Tzeli Triantafillou, as she tells America what the *real* toxicity is that makes us suffer!