



## Middleton's transformation and how she's empowering other women

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No one who meets Brandi Jo Middleton would imagine her as anything less than beautiful, strong, and confident. A youthful 40, she is the reigning Mrs. Tennessee International, as well as a wife, mother, and accomplished aesthetician with her own business.

Brandi rocketed herself to this crowning achievement after a challenging journey and two-year transformation. She was anorexic at age 13 and says: "I almost died from it. Back then people didn't talk about this disorder, and there wasn't a lot of help." The challenges of moving to a new school and being unpopular created a sense of helplessness in her life. "The only thing I could control was my food. And though I learned to eat enough to survive, I also learned I could secretly throw up after."

Bulimia followed Brandi into her 20s. Her relationship with food was at its worst with a cycle of starvation and compulsive overeating. Despite this inner turmoil, other parts of her life were taking off. Brandi became the lead aesthetician at Serenity Day Spa, a job she excelled at and enjoyed. She also reconnected with a classmate from elementary school. "He friended me on Facebook. After our first date, I knew he had every characteristic I was looking for. I fell in love with him immediately," she says.

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