

KUOMagazine.com

MARIA



MARIA "RIA MALI" MIXON

Makeup Artist, Talent Agency, Model Coach & Fitness/Wellness Professional and Notary!

SEPTEMBER is Ovarian Cancer Awareness Month

In September, KUOMagazine is honored to celebrate Hispanic Heritage Month and Ovarian Cancer Awareness with one of our Journalists, Maria "Ria Mali" Mixon. Ria shares her story of being an Ovarian Cancer Survivor and striving to a Greater Level of Wellness (G.L.O.W.) as a multi-talented businesswoman and not letting any obstacles stand in her way of from achieving any of her dreams. Maria is a Native New Yorker from Bushwick, Brooklyn. Her descent is Puerto Rican. Maria is a wife, mom, and entrepreneur. She has been in the Fitness, Talent/Fashion/Entertainment & Makeup Artist Profession since 1990 to present. Her website is www.riamali.com. Ria has her own skin care/cosmetic line. Ria started out in the business as a dancer. She danced at Numerous concerts. She has worked with several R & B Artist. Ria started to choreograph for numerous groups and artists during that time.



Ria studied Fitness & Nutrition and became a group instructor and personal trainer. She currently still holds those credentials along with Personal Trainer, Wellness & Nutrition Coach and has studied holistic medicine. She renews her credentials every 1-2 years. She has great knowledge of supplements and herbs as well. Ria also has her own herbal tea products at beautyandwellnessmatters.com. There was a time in Ria's life that her health became a challenge. She had several diseases that

made her life difficult. Some she was born with and some which she acquired during her thirties and forties. She is a cervical cancer and Ovarian cancer survivor. Undergoing numerous surgeries and treatments and surviving very difficult times, she refused to give up. Ria takes Wellness, fitness & nutrition very seriously and has learned how nutrition along with exercise can reverse the very most difficult health conditions. Her wellness seminar events that she hosts and speaks at is called "Wellness Matters & so do you" and she has a passion to educate all into or back into Wellness! Her Wellness business is called, Wellness Matters & so do you LLC and The Tea Company, a cup of wellness by Ria Mali. Ria has written several articles for magazines and blogs as a contributing writer and has a gift of mentoring. She is an author and wrote a fitness journal called "Becoming Well" by Ria Mali. Ria completed her Cancer Exercise Training Course and is passionate about Coaching ALL people to Wellness. She wants you to become the best wellness version of you.

In 1999 I scheduled an appointment with my gynecologist to be checked out for a tubal ligation, because after having 3 children I was done. So, test came back, and I called me in and said, Mrs. Mixon I have some news to go over with you. I got nervous. She said she was sending me for further testing because she found some cancer cells in my cervix. Then she proceeded to say, "You're also pregnant." She said she didn't recommend me going through with the pregnancy because my cancer must be treated so she recommended an abortion. I said, absolutely **NOT**. I will find a doctor that will monitor me, and I left her office and I took my records. At the moment, I wasn't even concerned about me. I went into protection mode for my baby.

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Ria story continues

A couple weeks later I went to another doctor and an ultrasound was done and the doctor explained how advanced my stage was. Well I kept my baby. He was 11 pounds 6 ounces. They treated me immediately after Having him. He was born not breathing and was very blue because the cord choked him, but my angel began to breathe. Well, I had many treatments between 2-3 years. Then I had a partial hysterectomy. Few years later I went for my 6-month pap exam, blood work and ultrasound. I was called in a week later. I was told I had endometriosis. It covered my ovaries and fallopian tube. That's how bad it was. They also said I have ovarian cancer. I was given radiation pills and intraperitoneal chemotherapy, freezer therapy and was given hormone drugs. Loss hair.

I gained a lot of weight. After a year of those treatments not working, they decided to remove my Fallopian tube and both ovaries. Well, I'm here. Alive. Blessed and very loved by my Lord and my Savior Jesus Christ. I also suffer from Hashimoto's disease, intestinal obstruction, and a brain disorder. Been through spinal surgeries, hand reconstructions because of my rheumatoid arthritis but I stand before you Strong, Healthy, Fit and Favored. My Bishop has a saying "Congratulations on Surviving the worse season of your life.". I survived my worse season and now I live my life mentoring others and assisting them with a wellness lifestyle.



Living my **#LIVE** to the **#FULLEST** with no **#REGRETS**

On behalf of KUOMagazine, we want to thank Ria for sharing her story and bring awareness to Ovarian Cancer. You can stay connected with Ria on all her social media platforms/websites below and in every issue of KUOMagazine.com as our Beauty 411 Skin Care/Fitness Journalist. Also, please check her out every Fridays to get a delicious taste of her wellness Teas and Smoothies at The Tea Company, by visiting online <https://beautyandwellnessmatters.com> (locations will vary).

Maria "Ria Mali" Mixon, KUOMagazine's Beauty 411 Skin Care / Fitness Journalist

2019 Ribbons of Survivors 365 "Cervix/Ovarian Awareness" Ambassador

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WELLNESS MATTERS



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