

HEALTH COACHING

I am a national board–Certified Health Coach with Dr. Sears Wellness Institute. We address the four areas of wellness: L. lifestyle, E. exercise, A. attitude, N. nutrition.

Our is an evidence–based, science proven approach to treating and REVERSING disease by replacing unhealthy behaviors with positive ones.

L. LIFESTYLE – better sleep, lack of, or poor-quality sleep can lead to a strained immune system. Identify dietary, environmental, and coping behaviors to improve sleep. Addictive substance abuse, including foods, can increase risk for many cancers and heart disease. Positive behaviors that improve health can happen when a person is EDUCATED on all of the areas where addictive behaviors can be detrimental to all areas of their lives.

E. EXERCISE – regular and consistent physical activity (movement) that can be maintained on a daily basis (because you love doing it) throughout your life can include walking, gardening, push-ups, lunges, isometrics or any form of movement. It is an essential piece of the optimal health equation.

A. ATTITUDE – social connectedness is essential to emotional resiliency. Recently isolation is associated with increased mortality, depression, even suicidal tendencies. Considering a clients home, family and community environment and helping them find outward connections improve overall health.

Another factor with attitude is stress, negative stress can lead to anxiety, depression, obesity, immune dysfunction and more. Helping clients recognize negative stress responses. Identifying coping mechanisms and reduction techniques can lead to improved wellbeing.

And finally, having the ATTITUDE that you can and WILL improve your health by following different behavior habits with the help of coaching.

N. NUTRITION – food is medicine or poison, LEARNING how to read labels, why certain foods are more beneficial for optimal health allows you choices. Knowing why choosing predominantly whole, plant-based foods, that are rich in fiber and nutrient dense are better for you is important for you and your family. Helps in taking the mystery out of choosing meats, dairy, etc.

Learning how to read supplement labels, which ones to take that are clean and nutrient dense for your particular needs are all part of the health coaching experience.

For individual coaching or if you wish to have trainings for you and your friends Call Michelle: 714-724-5975 or e-mail: dreamagain@yahoo.com