

Empowered Healthy Living



Know Yourself, Love Yourself and Design a life that works for you with ease. Create a life that is in alignment with you Mentally, Physically, Emotionally and Spiritually. Heal from the inside out.

In this Health Coaching Program, 90 Days to a Healthy You:

- Learn that there is no one size fits all for weight loss and health
- Understand the basics of nutrition
- How to understand any Dietary theory quickly
- Learn how to discover the perfect way of eating for you
- Learn why balancing blood sugar is so important
- Learn 7 ways to balance blood sugar
- Experimentally Identify a way of eating that serves you best
- Identify what to eat in your new way of eating
- Learn the Magical Trifecta that will lead to everlasting health
- Learn why sleep is so important for health and learn 10 tips to get better sleep
- MOVE!!! Get in tune with your body while moving
- Learn about:
 - The dirty dozen and clean 15
 - How to Booze
 - How to indulge your sweet tooth
 - How to read food labels
 - How to coffee
 - How to tea
 - How to snack
 - How to reduce inflammation in the body
 - How to transition your way of eating in easy and effective way
 - And much more.

There is a high success rate for clients in this program due to the client centered habit change approach used

Success stories:

William was 72 at the time with diabetes, high cholesterol, high blood pressure, renal problems due to medications he was taking to control his chronic conditions, he was taking 22 medications. On top of that he was 80 pounds overweight and had suffered an accident as a young man that made it difficult for him to walk without a walker. After working together and completing the program twice, he became aware of his relationship with food, he understood his eating habits and made small changes that over time led to big results, he learned a new way of eating, and adopted a movement regimen that helped him accomplish his goals. At the end of his journey through the program, William's conditions were completely under control and he had a clear understanding of how to manage his conditions which at this point barely existed. He went from 22 medications to 3 medications, released 50 pounds of excess weight. Got rid of mental fog and increased his mental clarity and was so inspired that he began to write poetry and short stories again.

Vincent was a 62-year-old man with COPD, diabetes, and was carrying 40 lbs of unnecessary weight. He had been trying to lose weight for years through dieting and would see some success then bounce back. He was determined that due to his respiratory condition, he could never "workout". As a result, he would starve himself daily consuming just smoothies and water then have only one "decent" meal in the hopes of losing weight, not realizing that these habits would only cause his blood sugar to get out of control and as a result he would have to be on the sidelines until he was well enough to be mobile again. Going through the journey he understood the result of his actions and became aware of the cycle he was in. He learned to be in tune with his body and listen, we then released limiting beliefs about his COPD and introduced new exercises that empowered him enough to get moving. At the end on his journey he had created and stayed consistent with a daily movement protocol, his diabetes was under control and he had a full grasp of how to manage it, he released the excess weight the symptoms of his COPD were hardly there.

Maria was obsessed with bread and coffee and didn't eat vegetables because according to her they inflamed her digestive issues. She was carrying 40 lbs of excess weight and was struggling with digestive issues that manifested as bloating, constipation, irregular bowel movements, chronic fatigue, and overall low energy and mood. She didn't know at the time that the excess coffee consumption and dependency over the years were affecting her adrenal glands causing her to be tired all the time and leading her to drink more coffee, the empty calories in the bread that she ate daily were causing her to be consistently hungry and led to consumption of more bread and coffee. She was stuck in a cycle. At the end of her coaching journey, she eliminated coffee, found healthier bread options that kept her satisfied, her digestion improved significantly, she was eating a more varied diet with more fruits and vegetables which led her to releasing the excess weight which then also led to an improved mood high energy and feeling youthful, she empowered and enamored with her joyful outlook and feeling that she began dating again.

Carol adopted a story of herself that she would always be a bigger girl, no matter “how little” she ate, she never lost weight. She was convinced that she would never be a skinny girl, she just wasn’t “built like that” and as a result was carrying 70lbs of extra weight. She had also had a full knee replacement on one leg and the cartilage in her opposite knee was almost completely gone. It was important for her to get a “diet plan” to help her loose a little bit of weight so that she can go and have her second knee replaced. First we worked on her own perception of herself and her limiting beliefs. Then we identified ambitious yet realistic goals, we created an action plan, learned about nutrition and movement as well as stress management, sleep hygiene, self-belief and mental programming, as we got to work. We adjusted along the way and at the end of her journey Carol released over 50lbs, was as confident as could be and created a new empowering story about herself. The weight loss along with the strength she gained led her to the decision that she wanted to put off the knee replacement surgery because she let so great. An added benefit was her high blood pressure, which was never a concern of hers because she had accepted having to deal with it for life, also self-regulated with the changes she made.