

health and wellness consultant

Health and Wellness Consultant: Your Guide to a Healthier, Happier You

Feeling overwhelmed by conflicting health advice? Wish you had a personalized roadmap to a healthier lifestyle? You're not alone. Millions struggle to navigate the complex world of wellness, and that's where a health and wellness consultant comes in. This comprehensive guide will explore everything you need to know about finding, working with, and maximizing the benefits of a health and wellness consultant, helping you unlock your full potential and achieve your wellness goals. We'll cover what they do, how to choose the right one, and what to expect from the experience.

What Does a Health and Wellness Consultant Do?

A health and wellness consultant acts as your personal guide on your journey to better health and well-being. Unlike doctors or therapists who focus on treating specific illnesses or mental health conditions, wellness consultants take a holistic approach. They work with you to identify your individual needs, goals, and challenges, then create a tailored plan to help you achieve sustainable improvements in your overall health. This can include:

Lifestyle Assessments: Detailed evaluations of your current habits, including diet, exercise, sleep, stress levels, and social connections.

Personalized Goal Setting: Helping you define realistic and achievable goals, whether it's weight loss, improved energy levels, stress management, or increased mindfulness.

Nutritional Guidance: Providing advice on healthy eating, meal planning, and supplement choices, often tailored to specific dietary needs or restrictions. This doesn't replace the advice of a registered dietitian, but can complement it.

Fitness Recommendations: Suggesting appropriate exercise programs and activities based on your fitness level and preferences.

Stress Management Techniques: Teaching relaxation techniques like meditation, yoga, or deep breathing to help you cope with stress more effectively.

Mindfulness and Emotional Well-being Support: Guidance on developing mindfulness practices and strategies for improving emotional well-being.

Accountability and Support: Providing ongoing support, encouragement, and accountability to help you stay motivated and on track.

Resource Referral: Connecting you with other healthcare professionals like doctors, therapists, or personal trainers if needed.

Types of Health and Wellness Consultants

The field of health and wellness is vast, and so are the specializations of consultants. You might find consultants focusing on specific areas like:

Weight Management Consultants: Specialize in helping clients achieve and maintain a healthy weight through diet and exercise.

Nutritional Wellness Consultants: Focus on dietary changes and supplement recommendations to improve overall health.

Stress Management Consultants: Specialize in techniques to reduce stress and improve mental well-being.

Corporate Wellness Consultants: Work with businesses to improve the health and well-being of their employees.

Holistic Wellness Consultants: Take a comprehensive approach, considering all aspects of a person's well-being.

Finding the Right Health and Wellness Consultant for You

Choosing the right health and wellness consultant is crucial. Here's how to find a good fit:

Define Your Goals: Clearly identify what you hope to achieve with a consultant. Are you looking to lose weight, manage stress, improve sleep, or something else?

Research and Reviews: Look for consultants with relevant certifications, experience, and positive client reviews. Check online directories and professional associations.

Check Credentials: Ensure the consultant has the necessary qualifications and experience in their area of specialization. Look for certifications from reputable organizations.

Schedule a Consultation: Most consultants offer initial consultations. This is a chance to ask questions, discuss your goals, and see if you feel comfortable working together.

Consider Personality and Approach: A good relationship with your consultant is essential. Choose someone whose personality and approach align with your preferences.

Ask About Their Process: Understand their methods, how they track progress, and what kind of support they provide.

What to Expect During Your Sessions with a Health and Wellness Consultant

Your sessions will vary depending on the consultant and your specific needs. However, you can generally expect:

Initial Assessment: A thorough evaluation of your current health status, lifestyle habits, and goals.

Personalized Plan Development: Creation of a tailored plan that addresses your individual needs and goals.

Regular Check-ins: Ongoing support and accountability through regular sessions, phone calls, or emails.

Progress Tracking: Monitoring your progress and making adjustments to your plan as needed.

Education and Resources: Access to valuable information and resources to support your journey.

The Benefits of Working with a Health and Wellness Consultant

Investing in a health and wellness consultant offers numerous advantages:

Personalized Guidance: Receive customized advice tailored to your unique needs and goals.

Increased Accountability: Stay motivated and on track with regular check-ins and support.

Improved Lifestyle Habits: Develop healthier habits that lead to long-term improvements in your well-being.

Enhanced Well-being: Experience improved physical, mental, and emotional health.

Time and Effort Savings: Benefit from the expertise and guidance of a professional, saving you time and effort in researching and implementing healthy lifestyle changes.

Conclusion

Navigating the path to better health and well-being can be challenging. A health and wellness consultant provides invaluable support, guidance, and accountability, empowering you to take control of your health and achieve your goals. By carefully choosing a consultant and actively participating in the process, you can unlock your full potential and create a healthier, happier life.

FAQs

1. How much does a health and wellness consultant cost? The cost varies widely depending on the consultant's experience, location, and the services offered. Expect to pay anywhere from \$50 to \$200+ per session.
1. Do I need a referral from my doctor to see a health and wellness consultant? Generally, no. However, it's always a good idea to inform your doctor about your plans, especially if you have any underlying health conditions.
1. How often should I meet with my health and wellness consultant? The frequency of sessions depends on your needs and goals. Some clients meet weekly, while others meet monthly or less often.
1. What if my goals change during the process? A good consultant will be flexible and adapt your plan to reflect your changing needs and priorities.
1. Can a health and wellness consultant help with specific medical conditions? While consultants can provide support and guidance, they cannot diagnose or treat medical conditions. They will always recommend seeing a doctor or other appropriate healthcare professional for medical concerns.

health and wellness consultant: *Natural Health and Wellness Manual* K. Akua Gray, 2016-03-15

health and wellness consultant: Consulting Success Michael Zipursky, 2018-10-16 How can you take your skills and expertise and package and present it to become a successful consultant? There are proven time-tested principles, strategies, tactics and best-practices the most successful consultants use to start, run and grow their consulting business. Consulting Success teaches you what they are. In this book you'll learn: - How to position yourself as a leading expert and authority in your marketplace - Effective marketing and branding materials that get the attention of your ideal clients - Strategies to increase your fees and earn more with every project - The proposal template that has generated millions of dollars in consulting engagements - How to develop a pipeline of business and attract ideal clients - Productivity secrets for consultants including how to get more done in one week than most people do in a month - And much, much more

health and wellness consultant: **Wellness by Design** Jamie Gold, 2020-09-01 Design your home to optimize your healthy lifestyle with this room-by-room guide from certified kitchen designer and wellness design consultant Jamie Gold. Residential designer Jamie Gold has spent years exploring how simple changes to things like lighting, fixtures, storage, and outdoor space can impact our health and wellness. In *Wellness by Design*, Gold offers a room-by-room guide to refreshing your space so that it supports your wellness journey. Good news, it doesn't require a yoga room and can be done in small apartments as well as large houses. This book explains how simple changes can make a huge difference in how you feel every day. You'll learn: - How to maximize accessibility and organization in your kitchen for faster, healthier, and more delicious meals. - How to make easy fixes to your ventilation system to help ease symptoms of asthma and allergies - How to optimize your home office to eliminate back, neck, and foot pain. - How to enhance your bathroom tub and shower spaces to support fitness goals and simplify family life. - And much more! It's time for your home to work as hard as you do to support your health. With the right organization and interior design, your home can help you maintain and improve your health in a variety of ways, from improving health and preventing disease to encouraging clean eating, sustainable living, safety, fitness, serenity, and joy. Whether you're building your dream home or decorating your new rental, this book will help you keep your fitness goals and stay on track for a long and healthy life.

health and wellness consultant: **Workplace Wellness that Works** Laura Putnam, 2015-06-08 A smarter framework for designing more effective workplace wellness programs Workplace Wellness That Works provides a fresh perspective on how to promote employee well-being in the workplace. In addressing the interconnectivity between wellness and organizational culture, this book shows you how to integrate wellness into your existing employee development strategy in more creative, humane, and effective ways. Based on the latest research and backed by real-world examples and case studies, this guide provides employers with the tools they need to start making a difference in their employees' health and happiness, and promoting an overall culture of well-being throughout the organization. You'll find concrete, actionable advice for tackling the massive obstacle of behavioral change, and learn how to design and implement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees the inspiration and tools they need to make changes in their lifestyles is a great idea. But the billion-dollar question is: what do they want, what do they need, and how do we implement programs to help them without causing more harm than good? Workplace Wellness That Works shows you how to assess your organization's needs and craft a plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organization needs Drive quantifiable change through more creative implementation Today's worksite wellness industry represents a miasma of competing trends, making it nearly impossible to come away with tangible solutions for real-world implementation. Harnessing a broader learning and development framework, Workplace Wellness That Works skips the fads and shows you how to design a smarter strategy that truly makes a difference in employees' lives—and your company's bottom line.

health and wellness consultant: Massage MBA Rachel Beider, 2021-01-11 Have you ever felt overwhelmed by everything that needs to get done? Are you confused on how to get started and what to work on first? Have you experienced huge fears that have held you back from making decisions? Have you felt spread too thin, working both IN your business and ON your business? Have you felt anxiety when thinking about the future of your practice? Rachel Beider experienced all of these - fear, anxiety, overwhelm, uncertainty, and failure - all while trying to build and grow a private massage therapy practice. Until something clicked. What happened next was nothing short of amazing. She learned by studying the pros, and built a multi-million dollar massage business. For anyone who is struggling with getting their business together, starting a new practice, or growing an existing one, Rachel's wisdom will help you with rock solid business practices, producing proven and measurable results. It's everything business-related you wish you learned in massage school but didn't.

health and wellness consultant: Nurse Coaching Barbara Dossey, Susan Luck, Bonney Gulino Schaub, 2014-10-20 *Nurse Coaching: Integrative Approaches for Health and Wellbeing* By Barbara Montgomery Dossey, Susan Luck, and Bonney Gulino Schaub Paperback-October 2014 This is the first comprehensive Nurse Coach textbook that describes the theoretical and clinical relevance and practical application of an innovative, integrative, holistic, and integral nurse coaching model. This user-friendly book will guide your Nurse Coach practice to promote lifestyle behavioral change for health and wellbeing for both the nurse and the client/patient. It can be used in all healthcare environments and implemented in diverse settings including hospitals, communities, and private practice. In this book you will find theories and strategies to help you: Theory of Integrative Nurse Coaching; Integrative Nurse Coach Leadership Model; Integrative Nurse Coach™ Process and Competencies; coaching conversations, case studies, and coaching journeys with clients/patients; bio-psycho-social-spiritual-cultural-environment model of nurse coaching; evidenced-based coaching methodologies and practices; nutrition and environmental coaching skills; Integrative Health and Wellness Assessment™; nurse coach guidelines for practice, education, research, healthcare policy and advocacy; and integrative lifestyle resources and toolkit. This book is for all nurses and other health care providers seeking coaching knowledge and skills. For information on the Integrative Nurse Coach™ Certificate Program go to www.inursecoach.com/inccp/

health and wellness consultant: *Christian Paths to Health and Wellness* Peter Walters, John Byl, 2021 *Christian Paths to Health and Wellness*, Third Edition, is a faith-based text that helps students explore and apply key concepts of holistic health and wellness. A new web study guide assists students in retaining and using what they learn.

health and wellness consultant: *The Perfect Metabolism Plan* Sara Vance, 2015-03-01 Heal your metabolism, improve your health, and reach your ideal weight with this practical guide to metabolic renewal—includes more than fifty recipes! Some people seem to eat whatever they want without gaining a pound while others obsess over calories and exercise—all for weight loss that's either temporary or nonexistent. The difference comes down to metabolism. And in Sara Vance's *The Perfect Metabolism Plan*, you'll learn how to get your metabolism working for you. When your metabolism is out of whack, your willpower, hunger hormones, insulin, and cravings all work against you. Beyond having trouble with weight, you tend to feel foggy, sluggish, or generally unwell. In *The Perfect Metabolism Plan*, nutritionist and foodie Sara Vance breaks down the ten basic principles to unlocking your optimal metabolism. She then guides you through a three-phase cleanse to help you reboot your metabolism and achieve your weight and health goals naturally. *The Perfect Metabolism Plan* includes: A bonus chapter of metabolic hacks More than fifty healthy recipes A workable plan for putting it all into action

health and wellness consultant: *Fitness cycling* Brian J. Sharkey, Steven E. Gaskill, 2013 Grade level: 9, 10, 11, 12, s, t.

health and wellness consultant: Clearing the Way to Health and Wellness Ellen Cutler, 2013-02-25 Dr. Ellen Cutler is one of the pioneering holistic doctors who have spent years of research to find the best ways to boost our immune system and get it back in its power. By following

her advice, you can not only get younger biologically and become more vital, but you are also making your body more cancer-proof. There is no one I trust more than Dr. Ellen Cutler. To have her in your corner is already winning half the battle. Please study this book and apply all the advice as soon as possible. Your life and health could depend on it. Roy Martina, MD, bestselling author of *Emotional Balance* Four years ago, my fibromyalgia symptoms forced me to retire from medical practice. Thanks to Ellen Cutler's treatments, the guaifenesin protocol, and acupuncture, my health is so much better. I have been able to return to practice medicine as a fibromyalgia consultant, and I feel blessed to be able to continue my recovery with the help of Dr. Cutler's digestive enzymes and clearing treatments. Melissa Congdon, MD, fibromyalgia consultant If you are one of the millions of people who suffer from chronic fatigue syndrome, fibromyalgia, Crohn's Disease, colitis, Hashimoto's thyroiditis, candidiasis, sinusitis, hay fever, environmental illnesses, and other autoimmune disorders and sensitivities, you've probably tried a myriad of treatments just trying to gain control of your life. *Clearing the Way to Health and Wellness* presents the Ellen Cutler Method (ECM), an innovative technique that offers hope for those for whom other treatments have failed. It provides an empowering new explanation of allergies and sensitivities as the cause of chronic illness, as well as a groundbreaking approach to overcoming them. Allergies and sensitivities can be reduced or eliminated, not miraculously and instantaneously, but inevitably and permanently. With contributions from Dr. Richard Tunkel, Dr. Ellen Cutler outlines the relationships among allergies, sensitivities, and chronic health and autoimmune disorders, guiding both patients and health-care practitioners in identifying and eliminating sensitivities that trigger symptoms. Case studies and personal stories illustrate how this powerful new approach has ended the suffering for thousands of all ages without the use of drugs.

health and wellness consultant: *Finding Lifestyle Sanity* Krisna Hanks, 2018-06-22

health and wellness consultant: *Reclaiming Our Health* Michelle A. Gourdine, 2011

Provides an overview of the primary health concerns facing African Americans, explains who is at greatest risk of illness, and offers advice on achieving a healthier lifestyle and navigating the health-care system.

health and wellness consultant: *The Memory of Health* Edie Summers, 2016-02-26 What is your journey to well-being? Do you suffer from health issues or a chronic condition? Do you have M.E., CFS, or chronic fatigue? Is stress affecting your well-being? Do you have chronic fatigue or a chronic condition? Are you seeking answers? If you have chronic fatigue for any reason (M.E., CFS, burnout, another chronic condition, on-going stress, trauma, etc.) check this book out! *The Memory of Health* is a memoir and a guide to living well. It is also a comprehensive resource on chronic fatigue, possible solutions, and on how self-care and lifestyle medicine may help you. What makes you thrive, even in the face of great odds? What makes you come alive? At the age of 22, Edie developed chronic fatigue after having surgery for a ski accident. While physical therapy was helpful, she had to seek alternative treatment to regain full use of her knee. In the course of seeking answers to her health challenges, she discovered the power of mindful living and became a conscious consumer. Whether you like mainstream, alternative, or integrative medicine as your solution for health and well-being, be conscious of the choices you make, because they matter. #cfs #chronicfatigue #chronicillness #booksonhealth #M.E. #booksonfatigue #booksonchronicfatigue #howtogetmoreenergy #adrenalinsufficiency #burnout #trauma #energy #moreenergy #theoriesofcfs #theoriesofchronicfatigue #howtoimprovenenergylevels

health and wellness consultant: *The Wellness Empowered Woman* Reena Vokoun, 2021-06-10

The Wellness-Empowered Woman is part female empowerment, part professional development, and part health and wellness, as Passion Fit founder and CEO, Reena Vokoun, guides you through a journey to personal and professional success. After years attempting to balance marriage, work, and motherhood, while facing failures, burnout, and health issues, Reena came full circle to her passions. She describes her transformation as she reinvented herself professionally, while maintaining her personal authenticity. Her story and those of her clients show women how to embark on their own journeys of transformation, fulfillment, passion, and purpose. Through Reena's unique holistic

approach to wellness, you'll discover: What it means to live a Passion Fit life Who you are and who you're meant to be Practices to incorporate in your daily life, based on Reena's experience as a first-generation-born, Indian-American woman Innovative tools for mental, physical, emotional, and spiritual wellbeing Health and wellness tips for you and your family By the end, you'll understand what it means to be a wellness-empowered woman, ready to pursue your passions, be fit, and live your best life personally and professionally.

health and wellness consultant: The Pillars of Health John Pierre, 2013-09-17 Have you been on every diet imaginable, yet still feel unhealthy and low on energy? Do you go to the gym religiously—for a couple of weeks at a time? Do you find yourself trying desperately to focus but unable to keep up with everything going on in your hectic life? Are you frustrated by a world that seems full of inconsiderate, unpleasant people? The Pillars of Health will help you build a strong foundation that supports you in every one of these areas. Health expert John Pierre has spent decades working with clients, including seniors, on building better nutrition, fitness, mental acuity, and compassion. Each one of these components, or pillars, is necessary for constructing a happy life overflowing with well-being—and best of all, it can be fun! In this book, you'll discover how to feel your best and have a good time doing it. Being fit and staying sharp doesn't have to be a struggle, and the tools John Pierre provides are simple and enjoyable to incorporate in your everyday routine. You'll discover the why behind each principle he presents and learn a variety of techniques that will help you build a strong, joyous life you love!

health and wellness consultant: Living Well on the Road Linden Schaffer, 2017-03-16 Stressed out? Eating badly? Skipping the gym? Sleeping with your phone rather than your partner? Experiencing brain fog and lack of focus? Then this book is for you. Linden Schaffer was an overworked, stressed out, on-the-go professional who found time to refocus, recharge, and recommit to wellness on the road. Now she is sharing her secrets, identifying the obstacles that keep you from experiencing true wellness and, with scientifically backed-data, showing how you too can learn to embrace wellness. Learn what it feels like to recommit to the things that help us feel more energized, more focused, and more mindful of those activities in which we engage. Living Well on the Road helps readers to identify those areas of life that need recharging, and brings greater awareness to those in search of a way to find wellness, happiness, and overall well-being even as they move through their busy days. Whether on the road, in the office, or at home, any reader can find ways to dramatically improve their mental focus and physical wellness if they implement the ideas and advice found within these pages. In Living Well on the Road, readers will find: a practical real-world approach to understanding and managing your wellness a researched and scientifically investigated how-to manual that encourages a healthier way to manage your lifestyle personal accounts of how small changes can lead to major positive life changes easy to implement tactics proven to reduce stress and sick days increased productivity and creativity through refocused attention feel-good experiences that take 5-minutes and release the stress and tension of your workday from body and mind

health and wellness consultant: The Generosity Practice Christina Frei, 2021-07-25 Hey creative leader and changemaker! Let's grab a cup of tea and dig into why you get scattered and exhausted sometimes. What to do about it? Let me share something fun, effective and different. The Generosity Practice: 40-Days to Unstoppable connects you with a hidden and restorative capacity: joyfully serving others. This program is your playground for sustainable leadership. No need to be an exhausted martyr. No need for a gigantic bank account. In ten minutes a day, you build courage, strengthen your will, and generate ideas that will have you changing lives without running yourself down. The Generosity Practice reveals who you are, what matters to you, and how you love to help people - daily. This is fuel. Along the way, you come alive in this truth: that nothing is better than thoughtfully serving others and contributing to their well-being. This makes you unstoppable. Based on Christina Frei's two field studies held in five countries, her online Generosity Practice mastery program, 20 years of mindfulness training, and her work with hundreds of marketing clients.

health and wellness consultant: The Five Archetypes Carey Davidson, 2020-04-07 Discover

the personality archetypes within you and improve your life and relationships with a new self-guided system of personal transformation. In Traditional Chinese Medicine (TCM) philosophy, the elements Wood, Fire, Earth, Metal, and Water are the foundation of how nature grows and evolves. They are believed to help us understand everything from illness and healing to the fundamental processes of child development—and they continue to inform Chinese medicine practice today. But as Ayurvedic nutritionist, reiki master, and Tournesol founder Carey Davidson demonstrates in this book, each of the five elements can also be seen as a personality archetype—and inside all of us is a unique blend of these archetypes that serves as a window into living a more fulfilling life on every level. In *The Five Archetypes*, Davidson explains that by knowing the personality traits associated with each type and using what she calls the Five Archetypes method, you can actually start to predict your behavioral patterns—not only with yourself but also with your friends, your romantic partner, your children, and even your colleagues. By practicing this method, you will also: -Learn how to exercise more control over behaviors that thwart your potential -Hone your self-awareness and self-regulation skills in the face of day-to-day stress -And understand what really makes people tick, so that you spend less time in stagnant relationships and more time in gratifying ones Through her study of the elements and the observations she's made in her work with individuals, couples, companies, parents, kids, and educators, Davidson has created a simplified and practical guide to harnessing the strengths of our five archetypes. Complete with an assessment designed to help you discover your primary, secondary, and lowest types, *The Five Archetypes* will not only teach you more about yourself and others but also transform your relationships and set you on the path to personal and interpersonal harmony.

health and wellness consultant: Why Is America So Sick? Joanne Conaway, 2015-06-10

health and wellness consultant: Everyday Resilience Gail Gazelle, 2020-08-11 Find the strength within--the practical guide to gaining resilience Everyone relies on a certain amount of stamina and flexibility to overcome life's daily challenges. *Everyday Resilience* can help you face struggle and adversity with confidence by giving you practical strategies, powerful tips, and expert insights to build inner strength and develop this awesome power within you. From personal reflection exercises and mindfulness meditation, this practical guide gives you everything you need to find the courage, strength, and wisdom to deal with difficult circumstances. By building resilience and perseverance, you can enjoy life to the fullest and thrive, no matter what comes your way. *Everyday Resilience* includes: Easy to read, easy to understand--Discover clear, concise information on achieving resilience. Proven approach--Explore various research-based psychological and mindfulness practices to guide you, including key takeaways after each chapter. Solutions revealed--Get simple science-based strategies and techniques you can use every day. The path to achieving resilience in your daily life starts with a little help from this simple, straightforward book.

health and wellness consultant: ROAR Stacy T. Sims, PhD, Selene Yeager, 2016-07-05 "Dr. Sims realizes that female athletes are different than male athletes and you can't set your race schedule around your monthly cycle. ROAR will help every athlete understand what is happening to her body and what the best nutritional strategy is to perform at her very best."—Evie Stevens, Olympian, professional road cyclist, and current women's UCI Hour record holder Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full potential. ROAR is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because

women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

health and wellness consultant: Workstation Design for Current Office Environments , 1985

health and wellness consultant: The Primal Blueprint Mark Sisson, 2019 The New Primal Blueprint serves as the ultimate road map for anyone wishing to make the shift from flawed conventional wisdom about diet and exercise to a healthy, happy empowering lifestyle patterned after the evolutionary-tested behaviors of our hunter-gatherer ancestors. The book details the ten immutable Primal Blueprint lifestyle laws that enable empower you to reprogram your genes to direct in the direction of weight loss, health, and longevity. The Primal Blueprint laws are validated by two million years of human evolution as well as an ever-expanding body of contemporary scientific research. Sisson's philosophy was originally met with skepticism as he aggressively challenged numerous mainstream health tenets. Eight years later, mainstream medical and health science are validating the Primal Blueprint tenets assertions that a high-carb, grain-based diet will make you fat, tired, and sick; that a consistent routine of medium-to-difficult cardiovascular workouts can actually compromise your health and longevity and increase risk of heart disease; and that consuming (whole food sources of) fat and cholesterol does not lead to heart disease as we have been led to believe, but rather offers many health benefits. --

health and wellness consultant: The Gifts from Losing You Sara Green, 2021-01-31 The Gifts from Losing You is a poignant chronicle that shares a family's experience of their first year grieving the sudden loss of their only son and brother, aged 19. Written by his mother, it is a story of personal tragedy, immeasurable love, heartbreak, and sadness, coupled with gratitude, courage, and perseverance. Her reflections explore the themes of loss, shock, pain, acceptance, and eternal love. She focuses on how her family found a way to weave their grief into the fabric of their lives while opening their hearts and minds to the gifts bestow on them. She discovers that deep despair and blessing can co-exist simultaneously in grief. This unique perspective has guided them in their healing, enabling them to live alongside their heartache. From her experience as a health coach, she shares the self-care practices that enabled her to cope with her devastating reality. For anyone suffering the loss of a child or a loved one, this part memoir, part self-help book provides hope and inspiration, with insights to help you navigate your path out of the dark, toward the light.

health and wellness consultant: Naturopathic Herbalist K. Akua Gray, 2018-01-15

health and wellness consultant: The Wellness Workbook Regina Sara Ryan, John W. Travis, 1981

health and wellness consultant: FASTER Way to Fat Loss Amanda Tress, 2019-05-20 Are you one of the millions of individuals who have tried every fad diet on the market, and still can't meet your goals? Or maybe you're killing yourself at the gym, spending hours on the treadmill to maintain the perfect number on the scale. Regardless of your failing strategy, you're feeling exhausted, discouraged, and uninspired. Enter The FASTER Way to Fat Loss, a behind-the-scenes look at the lifestyle sweeping the health and wellness industry. Since the creation of the program in 2016, the FASTER Way has helped tens of thousands of men and women lose fat and regain confidence. Through the book, Amanda Tress, author and creator of the FASTER Way to Fat Loss, details the core components of the FASTER Way and dives into the science that backs them up. Please note: Purchasing this book does NOT include participation in the official FASTER Way to Fat Loss program. Program registration must be purchased separately at www.fasterwaytofatloss.com.

health and wellness consultant: Fibromyalgia and Fatigue Debra Pugh, 2015-03-01

health and wellness consultant: The Power of Personality Types in Love and Relationships Bill Farr, 2013-04-28 People often make the mistake of thinking opposites attract. Opposites never attract, that would be like a criminal hooking up with a nun. However, opposing personality types often attract; this is when one partner says black the other says white. This book

shows what is required to keep these opposing forces also complementary. The Chinese philosophy of the Yin Yang states that two opposing yet complementary forces lie at the base of how all things work. This philosophy shows how people can flow in natural harmony and what is required during conflict. We have all delightfully experienced a waiter who obviously takes joy in serving his clients or a boss who naturally leads while caring for his employees, versus those not equipped for the responsibility they work in. Character dynamics exist similar to these in relationships and understanding them provides insight as to why certain couples naturally get along while others operate with a lack of intimacy and connection. By answering a questionnaire, you can identify your type and the formula for how to identify your logical match. Learn how to know a partner who is complementary to your character and how to remain connected without conflict to people who are not. Understanding these types enables you to discover what went wrong in past relationships, a way to find harmony in current strained relationships, and a formula for finding more compatible partners moving forward. Jalaluddin Rumi said, Not to seek for love, but to seek all the barriers within yourself that you have built against it. A basic understanding of these types allows you to overcome self-imposed barriers preventing the flow of abundance in your life and relationships. Fears, insecurities, shame, defense mechanisms, and past relationships all play a part in how a person seeks to find their contentment or avoids perceived discomfort or fear. Awareness of these aspects shows when you sabotage the harmony in your life or relationship and how to overcome that. This awareness also allows you to recognize a partner that has the ability to accept your nature while fulfilling theirs. www.TheArtofUnity.com Author Bio Bill Farr is a wellness coach, an instructor in various forms of martial arts and meditation, a former kickboxing champion and professional Argentine Tango dancer. As a consummate student of human behavior, Bill works with well-known Western psychology professionals as well as Buddhist monks, South American Shaman, Chi Gong masters, Grand Masters of martial arts and other prominent teachers. He now travels worldwide teaching the principles in this book as well as meditation and wellness. (www.TheArtofUnity.com) His concepts are designed to help people become healthy and united in mind, body, and spirit in order to prepare themselves to find their perfect mate as well as a path to fulfillment and higher consciousness. The focus is on developing compassion, understanding and respect for each other based on important differences existing in both intimate and professional relationships.

health and wellness consultant: State of The Global Workplace Gallup, 2017-12-19 Only 15% of employees worldwide are engaged at work. This represents a major barrier to productivity for organizations everywhere - and suggests a staggering waste of human potential. Why is this engagement number so low? There are many reasons — but resistance to rapid change is a big one, Gallup's research and experience have discovered. In particular, organizations have been slow to adapt to breakneck changes produced by information technology, globalization of markets for products and labor, the rise of the gig economy, and younger workers' unique demands. Gallup's 2017 State of the Global Workplace offers analytics and advice for organizational leaders in countries and regions around the globe who are trying to manage amid this rapid change. Grounded in decades of Gallup research and consulting worldwide -- and millions of interviews -- the report advises that leaders improve productivity by becoming far more employee-centered; build strengths-based organizations to unleash workers' potential; and hire great managers to implement the positive change their organizations need not only to survive - but to thrive.

health and wellness consultant: Invitation to Holistic Health Charlotte Eliopoulos, 2004 Provides solid principles and proven measures to promote optimal health and well-being using a holistic approach.

health and wellness consultant: Law for Fitness Managers and Exercise Professionals Barbara Zabawa, Paul Fenaroli, JoAnn Eickhoff-Shemek, 2020-10-16 PROTECT YOURSELF, YOUR BUSINESS, AND YOUR CLIENTS! This ground-breaking, comprehensive textbook is the go-to resource for fitness managers and exercise professionals. Specifically written for a lay audience, this textbook is designed to help fitness managers and exercise professionals comply with the law, enhance fitness safety, and advance the exercise profession by describing: WHAT laws do fitness

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coaches presence and way of being in the world and with a client, and the powerful effect this has upon the coaching process. Part Three takes a deeper dive into the craft of wellness coaching. Throughout Dr. Arloski references what can be learned from relevant theory and research. Masterful Health & Wellness Coaching is tailored to coaches who want to go beyond the basics of SMART Goals and accountability, beyond tracking calories and sit-ups. It is for: - Coaches who want to become scholars of coaching. - Coaches who want to develop a greater understanding of the process of behavioral change. - Coaches who want to learn more about wellness. - Coaches who want to master what the entire field of health promotion has discovered about being well. - Coaches who want to become skilled craftspeople. - Coaches who want to meet their clients with understanding, empathy, and non-judgment. Dr. Arloski believes that coaching isn't about all the things a client is doing wrong and how grim their situation is. It's about what is needed to ensure a successful future. Masterful Health & Wellness Coaching gives you the tools to start your client on the path to success and to coach him or her until their healthy-living skills are second nature. The root of the word coach can be traced to a village in Hungary, Kocs, where carriages were made in the 1500's. Coaches love metaphors and what is better than this one: A coach takes you from where you are at to where you want to go. Perfect. The client is the one with the reins and it is the coaching process that facilitates the journey.

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