



Interview with Angelina

How long have you been doing what you do and how did you get to be a Certified Holistic Health Counselor?

To answer this question, it's best I share with you the journey that has brought me to where I am today, coaching people like you on how to eat and live in a way that really works for you.

Growing up my mother was always trying to lose weight, and I would end up doing lots of diets with her. I myself started gaining weight when I was 16 – all of the sudden I stopped running long distances daily and I packed on the pounds. Together my mother and I tried shakes, diet pills, eating only soups and salads, sometimes even setting the goal to work out for 14 days in a row. We were always looking for the magic pill, searching for the thing that would be effective, enjoyable, and of course, actually work.

To paint a picture for you I must share this revealing story about an attempt lose weight. I have to warn you, if you have a queasy stomach you may not want to read this. When I was 18 my mom and I tried the latest and greatest diet pill (the kind that separate the fat from the food, and instead of being absorbed by the body it goes out of your stool). A pretty genius idea I thought!

At the time I was a waitress at Culpepper's Bar and Grille. During my shift I noticed that I was farting A LOT. It was not abnormal for me at the time so I just kept going about my business.

At the end of the night I went to the bathroom and I was horrified! I had a HUGE bright orange stain on the seat of my pants. "Oh my goodness, is that hot wing sauce from my lunch...and has it been there all night?"

You may be grossed out, but if there could be a visual as to what we go through to lose weight this is it:

A girl walking around with a puddle of hot wing sauce stained on her pants!

I thought to myself, this can not be healthy!

At that defining moment, I realized that losing weight and being healthy are two very different things! However, I didn't start making any changes at that point because I didn't know how. Throughout the years, I continued to struggle with my health.

I was overweight with acne, struggling with low self-esteem, had no access to knowledge about how to find a consistent source of energy and couldn't accomplish the things in life that were important to me because of it. Fueling my lack of motivation and get up and go was the fact that I was sick all the time, at least once every other week. Naps were an everyday necessity, and because of all of the above, I was fighting depression. That led to drugs and alcohol. Did I mention that the way I got through it all was that I would keep a large supply of oatmeal pie cookies stashed away so that I could get through the day, and the night?

In college I studied for a semester in Thailand and I had a roommate who was a health food junkie. Her mother would send her food from Whole Foods every week. To me it was absolutely crazy, but I could not help but notice that her skin radiated, she was full of spunk, energy, and positive outlook on life. Most days she would have already been up experiencing the day many hours before I even woke up.

I was feeling really uncomfortable in my body and had a terrible self-image. All of the Thai people were so thin and then there was me. I could not buy clothes, or walk down the aisle without knocking something off, and regularly I had Thaimen say "wow you are a big girl". My inner self-critic led me to eat even more ice-cream, burgers, and chocolate to ease the

inner turmoil. I told myself that I was just “big boned” and being fat runs in the family. What I remember even more distinctively than wanting to lose weight is that I just wanted to feel good in my body. I felt heavy, lethargic, groggy, moody, and depressed.

I ate tons of sugar and caffeine to keep me going throughout the day. As I looked around I noticed the elders in Thailand (mainly women) looked vibrant, vital, graceful and strong. Being a third world country, I thought they would look older (and some did, but mainly these women looked healthier and happier than the Americans that I knew). Back home in my family, I thought that the older you got, the larger you became, the more doctors you visited, and the more pills you took everyday.

Over the 6 months that I lived in Thailand, I became more interested in learning about ways of taking care of my body. A man on campus who ran the fitness center advised me to try a fruit fast. He told me to fast for several days on only fruit. It sounded easy, after the first day I literally thought I was going to DIE. I began thinking I was a failure and it was more evidence that I was not like everyone else! It also solidified in me the feeling that there has to be gentler ways to begin feeling better.

When I arrived back home in St. Louis I was still curious and began working in the juice bar of Wild Oats Market. I began learning a lot from the other employees and from customers.

The more I learned about whole foods, the more weight I lost. I looked the best I had in years, but I noticed that because of my new diet I was not able to eat at my mothers, enjoy a meal out with friends, and I felt socially restricted. Eating became a chore, and it was then that I learned that friends and family are just as healing as food. I realized that even healthy “diets” can be restrictive and can often times cause us to think of food as a war. I knew there had to be an easier way. So, I committed myself to learning the most important aspects of daily health and teaching them to others.

Eventually, I attended the Institute for Integrative Nutrition in New York City. It’s the largest nutrition school in the world. We studied every dietary theory, both eastern and western culture. A transformation occurred while I was there. I cleared up all of my acne, restored my energy, relieved my depression, learned to love my body and my life, gained confidence, began to take time to care and love for myself, and now I teach others how to do the same.

I am happy to report that after many years of pain, agony, and guilt, I discovered that you can **LOSE WEIGHT AND BE HEALTHY** at the same time.

My mother has also lost weight, reduced her dependency on medication, and has a very active life since working with me. Seeing her happy and free from struggle has been one of my proudest accomplishments!

What is a Holistic Health Counselor?

Health Counseling is a unique, exciting innovation in health and nutrition. As a Health Counselor, I have studied all the major dietary theories and will help you discover what approach works best for you at this point in your life.

While most dietitians dwell on calories, carbs, fats, proteins, restrictions and lists of good and bad foods, I work with my clients to create a happy, healthy life in a way that is flexible, fun and free of denial and discipline.

No one diet works for everyone. I will guide you to find the food and lifestyle choices that best support you. I will also help you to make gradual, lifelong changes that enable you to reach your current and future health goals. So, when the experts say, “dairy is good for you” or “fat is unhealthy,” it’s too much of a generalization. One person’s food is another person’s poison, and that’s why fad diets don’t work in the long run. I look at your age, health, activity level, blood type, metabolic rate and personal preferences to determine your dietary needs.

I practice a holistic approach to nutrition, which means that I look at how all areas of your life are connected. Does stress at your job or in your relationship cause you to overeat? Does lack of sleep or low energy prevent you from exercising? As we work together, we look at how all parts of your life affect the whole.

Healthy relationships, a fulfilling career, regular physical activity and a spiritual practice are essential forms of nourishment. When these “primary foods” are balanced, what you eat becomes secondary.

Holistic means to involve all of something. I look at the whole person.

How are you different from a licensed nutritionist or dietitian?

A licensed Nutritionist or dietitian is trained to assess the nutritional needs of individuals, establish goals and objectives that meet nutritional needs, and provide nutritional counseling in health and disease. They create a specific plan based on their findings.

The programs that I offer will teach you what certain foods do in your body, and how to prepare them. Instead of looking at fat and calories, I encourage clients to understand how to assess the quality of a food, and how learn how it works in their particular body. The tools that I teach are used over a lifetime.

Who are your clients exactly?

My clients are mostly busy active women who are tired of continuously feeling bad about their health. They are often overwhelmed and have tried LOTS of things that have not worked. They have trouble implementing changes that they really want because they are so busy. Most of them struggle with sugar cravings, energy loss, weight gain, and are worried about having poor health in the future. They want to fit into their jeans without starving themselves, to have control over their cravings, to learn to cook quick healthy meals, to have better skin, hair and nails, less anxiety, rid themselves of depression, have more peace, better digestion, lower cholesterol, less gas and bloating. Basically, they just want their body to really work for them, without deprivation or hunger.

What types of personality do you work with best and what is expected of me?

I work best with clients that have demanding lives and are ready to put energy towards taking care of themselves so that they can feel great consistently. I work with a lot of busy active professionals who do not have a ton of extra time, and that's ok. In fact, they've come to me to help them learn how to take care of themselves, given their lack of time. The important thing is that you are committed to putting in some time for yourself.

I work best with clients who are willing to be a little patient and trust me and the process. My approach is not about a quick fix. In my experience some changes are quick, but others may take time.

For what type of person is this program NOT going to work?

This program will not work for people who are looking for a subscribed diet plan, with details on calorie counts, specific numbers for protein, carbs, and fat intake. If you require specific nutritional planning for a serious medical condition, this is not for you.

I choose to work with people who are ready to invest in themselves, by adapting to changes that will benefit them, by giving time to healing their mind and spirit, and to investing in themselves financially.

What exactly is the Radiant Health System™, and what does it include?

The Radiant Health System™ is the system that I developed and use with each of my clients to help them achieve their health goals and feel more confident in their body. It has been the key to creating lasting changes for my clients and myself. The Radiant Health System™ is effective, but it's not a quick fix. What you'll experience if you achieve each of these steps over several months is increased energy, feeling better in your body, and more joy in everyday living.

Here's a step-by-step of what the system provides.

1. Make your health and wellness a priority

We will discuss what's been getting in your way, what types of support structure works best for your lifestyle and personality, and how much time you can allot in your schedule to make the program a priority, whether it's one hour, a week, or ten hours. I'll be supporting you to create a realistic goal that works for your lifestyle.

2. Integrate Pure high quality foods

When I first began working with clients, they would eventually tell me that before the first session they ate lots of their favorite junk foods thinking that they may never have them again. I don't take anything away from you, rather I introduce and add foods that create energy in the body, that help to re-balance, and eventually clients find that their cravings for junk foods fade. We will also discuss the therapeutic qualities of each food group so that you will have a solid understanding of what foods do inside the body.

3. Get clear about your unique individuality

We will determine your bodies individual needs based on your blood type, metabolic rate, ayurvedic dosha, age, activity level, and goals for the future. You will do a series of experiments so that we can determine which foods work best for your body. For example, we will do a breakfast experiment to see which breakfast keeps you full the longest, while giving you lots of clarity and focus for your busy day.

4. Start listening to your body

We will discuss common signs that your body gives you everyday, along with ways to understand what it may be telling you. This will give you tools to use for the rest of your life so that you can understand your body's needs and desires.

5. Develop easy reliable habits to nurture your body

We will discuss and create ways for you to discover new methods to practice guiltless self-care. Many clients find this to be the most impact-full step.

6. Don't just feed your body, feed your soul

Food is only one way of feeding the body. We will look at all of the areas of life (creativity, relationships, finances, social life, career, home environment, home cooking, physical activities, spirituality, health, and joy) to determine which are your strongest and weakest links. Together we will create small goals to expand those areas of life, bringing more satisfaction and balance to the whole.

7. Get moving in a FUN way

Physical activity should not be dreadful. Together we will brainstorm about what types of things you could do to add fun to your movin' and grooving! We will also discuss what types of exercise work best for your body type, and how to seasonally balance your exercise regime.

8. Get to the heart of what's going on

Sometimes, things are not always black and white. Often, we need to peel away the top layer to discover what is at the heart of what is holding you back from achieving success in your health. Your mindset is an important aspect of creating a clearing, in which you can create anything. Don't worry, this won't hurt a bit.

9. Become a master of creating systems for consistent results

We will spend time creating a system for your self-care, grocery shopping, meal planning, and exercise, to ensure that it is scheduled and is easy to accomplish inside of your busy schedule. Essentially, we will create time to reflect on the things that you now want to make a priority.

These are the steps of the Radiant Health System™ that I developed through working with my clients to achieve lasting results. In addition to these nine categories, you will learn about a variety of new foods you'll love, learn how to cook quick, delicious meals easily, and you'll receive support to ensure that you are able to feel vibrant and confident in your body.

Does this really work?

YES! All of my clients make lasting changes to their food and their lifestyle. In fact, they are usually amazed by (and incredibly proud of) the number of transformations they experience while working with me. With your dedication and my support, amazing things will happen! (See my Client Testimonials)

What results can I expect?

You can expect to:

- * Become excited and eager to implement food and lifestyle recommendations, and you will feel good about doing something positive for yourself.
- * Actually make changes that have been difficult for you in the past.
- * Develop healthier habits that become lasting lifestyle changes.
- * Learn that eating healthfully doesn't mean sacrificing taste.
- * Become more in tune with the foods your body needs.
- * Get peace and freedom around food and learn not to beat yourself up.
- * Achieve your specific health and wellness goals that have eluded you in the past
- * Be happier with your body.
- * Enjoy life more.

Can I contact some of your former clients to see what it's like to work with you?

Yes, I encourage you to take a look at the results others have achieved. I realize that you have many options, and I realize that it is hard to sort through what is genuine, and the systems that just claim to be real. People just like yourself have come through Pure Nourishment and experienced results above and beyond what they themselves anticipated. If there is someone on the testimonials page that you wish to speak to, email me for their contact information.

How quickly can I expect results?

Every body is unique, and each person moves at a different pace. The effort you put in is equal to the results you get back. Most clients report an increase in energy by the second session. The most significant results for the majority of clients come by the third month of the six month program.

How can I guarantee myself that I will reach my health goals?

If you participate in the Radiant Health and Powerful Self system as it is designed, you cannot fail, you will experience amazing results!

How will we work together and what do the programs entail?

Each client receives personal, one-on-one coaching in our 50 minute sessions, either in person, or on the phone. During the sessions, we talk about what is going well, what challenges you are facing, and how the last sessions recommendations went.

After each session, you will get a copy of the sessions notes for you to reference at in your free time. I will also, from time to time, be sending out supplemental materials via email that are suited to each individuals needs. Some programs include healthy cooking and shopping dvd's. By the end of your six month program, you will walk away with a variety of delicious, easy to make recipes.

How long are the programs?

I offer three different programs that are all 6 months long. I have tested various lengths and have found that (both personally and with my clients) that it takes this amount of time to make lasting lifestyle changes. I don't want my clients investing their time and money in a program that won't yield a lifetime of results. My clients are usually amazed by the amount of incredible changes they have achieved with ease by the end of the six months. Having a program of these lengths allows us to insure that changes you make in month 1 or 2 are still being implemented in month 3, 6 and beyond.

Do people continue past the 6 months?

Yes, many clients often love the amount of support they get from me. They find that they have achieved all of their goals by the programs end, and are excited to continue exploring further levels of healthy improvement. I love my clients, and I am always happy to continue our work.

What are your coaching programs like?

As a new client, you have 3 different options to choose from, depending on how quickly you want to see results, how much time you want to speak to me directly, or based on your budget level:

The Ultimate Transformation – 6-Month Program

- * Two fifty-minute sessions per month

Twice a month we'll meet in-person or via phone to review your progress, keep you moving forward, give you next-steps to tackle and adjust your plans, if necessary. I'll coach and guide you to take the exact steps you need to achieve your particular goals. We will also address any questions you have or challenges you are encountering. At the end of each session I will give you experiments to complete that are realistic and practical.

- * Unlimited Phone Access

When you're stuck on an experiment or an issue, it's easy to give up or lose momentum. With the Ultimate Transformation program, you have unlimited access to my help, which allows you to keep moving forward, get answers to your questions, or get feedback. I do not offer this in any other program. In my opinion, access to this kind of support is not only priceless, it can make or break certain situations. You can call me anytime for a 15-minute check-in, and I'll do my best to help you on the spot. These check-ins are a time for you to ask questions and for us to address any challenges you've had the previous week or anticipate in the week ahead. These phone calls are designed to keep you motivated and can be used to help you make a plan for the week ahead.

- * Unlimited Access to me via e-mail

You can email me anytime with a quick question, and I'll send you answers—usually within one business day, and many times much sooner than that.

- * Healthy Shopping DVD

Do you get overwhelmed when you walk into a health food store or avoid it completely because you're not familiar with many of the products? I will send you a DVD which will help you to become familiar with the workings of a health food store. Find out how to identify what is really healthy and what is not. Learn how to keep costs down, get what you really need, and learn how to make the experience fun.

- * Healthy Cooking DVD

You will receive a Healthy Cooking DVD where you will learn new cooking techniques, how to cook with new ingredients, and you will receive easy recipes you can use at home.

* Monthly Cooking Classes

You will receive an invitation to attend a cooking class each month of your program that is taught by me. You will become familiar with new cooking techniques, taste many new foods, and expand your knowledge about healthy eating. Most of the recipes you will learn are made with five ingredients or less and can be prepared in under fifteen minutes.

* iPod Shuffle loaded with Audio Programs

You will receive access to the following audio programs so you can listen at your convenience while you are exercising, cleaning, traveling, or just want to learn more.

Finally, how to get healthy meals on the table in no time.

How to conquer your sweet cravings & take back control of your diet.

How to eat smart on the go.

The real deal on organic foods.

And, many more programs from the worlds leading food scholars, including Dr. Andrew Weil, Dr. Peter D'Adamo, Dr. Elson Haas, Debbie Ford, Steve Gagne, Julia Ross, Deepak Chopra, and David Wolfe.

* Nourishment Package

At the beginning of your program, you will receive a package of over thirty food samples and self-care items that relate to topics or goals we are addressing. The Nourishment Package makes it easy for you to try new foods or products; I give you the items so you can try them immediately without having to go to the store or spend money on something you may or may not like.

* Recipes and Cooking Tips

You will have access to quick, easy, and delicious recipes. The recipes will make it easy for you to prepare healthy food at home and save time. If you are not a recipe person, I will teach you how to cook foods a variety of ways without a single recipe. Either case will insure that you are completely comfortable cooking new ingredients or using new techniques.

* Educational Materials

Following each session I will email you materials that relate to the specific goals we are currently working on. The materials supplement and compliment the discussions during your sessions. They will help you become empowered to make educated decisions. Providing these materials also allows us to move more quickly and pack a lot into your sessions.

This is the only program that offers:

- * Unlimited Access to me via phone (including optional weekly fifteen-minute check-in calls for accountability)
- * Unlimited Access to me via e-mail
- * Healthy Cooking DVD
- * Healthy Shopping DVD
- * iPod shuffle with audio programs
- * Nourishment Package Six monthly cooking classes with guest

The Fast Track – 6 Month Program

This program was created for individuals who are serious about improving their overall wellness and achieving their goals. Individuals who participate in this program may have attempted to achieve their goals, but have not had the guidance and support they needed to stay on track.

This program includes:

- * Two fifty-minute sessions per month
- * Recipes and Cooking Tips
- * Educational Materials
- * Three monthly cooking classes with guest

The Essentials – 6 Month Program

This program was created for individuals that are highly motivated and are self-starters looking to make a change in their eating habits and willing to spend the extra time themselves that it takes to have great results.

This program includes:

- * Two thirty-minute sessions per month
- * Recipes and Cooking Tips
- * Educational Materials
- * One monthly cooking class

The Basic Maintenance Program

This program was created for clients who have completed a 6-month program but would like additional support so they can stay on track and eliminate all obstacles in achieving their health goals.

This program includes:

- * One fifty-minute session per month
- * Recipes and Cooking Tips
- * Educational Materials
- * Access to monthly cooking classes with one guest

Now ask yourself this: Which of these options do you think suits you best? And, if you were to do this, when would you ideally want to start?

Where are you located? Do you only work with local clients?

My office is located in University City, Missouri, but I work with about half of my clients by phone. My clients are located both locally and nationally. I have found that coaching by phone is extremely effective and I have developed incredible relationships with clients I have never met face-to-face. Results are the same in-person and by phone.

Do you accept credit cards?

Yes, as a matter of fact, I generally only accept credit cards. You can either pay on a monthly basis or pay for the whole program at once. It's totally up to you. Clients who choose to pay in full enjoy a 5% bookkeeping discount, and are the only exception in which I will accept a check.

OK, I know which program I want. How do we get started?

Great! The first step towards reaching your goals is making YOU a priority. If this feels like the right time to focus on YOU and your needs, then go for it.

Here's what you do: Contact **Gina**, my client relationship manager, at gina@pure-nourishment.com or (888) 532-4216 and she will schedule a complimentary "get acquainted" phone session. (If you happen to live in the St. Louis/Clayton/University City area, we can meet in-person.) During this session I will learn about your situation and your specific goals, and we will double check to make sure that you are a good fit for my programs. I choose my clients very carefully. You will let me know which program will work best for you in terms of the results you want to get. We'll set up a day and time to start our coaching and you'll receive a welcome packet over email. In it, you'll fill out your client information and goals. You'll send this to me at least 2 days prior to your first session. From what you wrote, I will customize a plan for you using your goals and where you're at now, to make sure you get the results you want. Because you will have done this, when we actually speak or meet the first time, we hit the ground running, give you strategies and get you started on your path to feeling great.

If I'm not sure I'm ready to get started, how can I sample your work at low cost to see if it's the right solution for me?

You can schedule a complimentary get-acquainted session with me where we will meet either by phone or in-person. We will discuss your specific situation and whether I can help you. Contact **Gina**, my client relationship manager, at gina@pure-nourishment.com or (888) 532-4216 and she will schedule a complimentary "get acquainted" phone session. (If you happen to live in the St. Louis/Clayton/University City area, we can meet in-person.)

Attend one of my upcoming workshops or workshops-by-phone. Many of them are free of charge and you will get a sense of my philosophy and how I work with my clients. If you like what you get during just this short amount of time with me, imagine what results a one-on-one coaching program would get you! Click here to view my upcoming events and workshops. Another way to sample my work is by subscribing to the weekly email newsletter. Nourishing Nuggets is a free weekly email newsletter providing you with healthy tips and delicious, healthy recipes.

I have a family and a busy life. Although I want to reach my health goals, I don't have much time to spare. How much time do I need?

If you can even spare one hour a week, you will be able to take steps toward your goals, or learn one new idea a week. Know that this approach will take longer than if you throw yourself into it wholeheartedly; however, if you don't ever start, you will never get there. They say every journey starts with a single step and I know, personally, that I'd rather fail miserably at something I tried, than never have given myself the chance to succeed.

The question really is: how much do you want it? If you really want it, you will find time for it.

OK, I'm ready to do this for myself, but I have a couple of additional questions. Can I call you?

Good, sounds like you're ready to make yourself a priority! Yes, if you have a couple of questions, just email **Gina**, my client relationship manager, at gina@pure-nourishment.com or (888) 532-4216 and she will schedule a complimentary "get acquainted" phone session. (If you happen to live in the St. Louis/ Clayton/University City area, we can meet in-person.)