



# Dr. Andrew Weil's Self Healing

OCTOBER 2009

Creating Optimum Health for Your Body and Soul

## Health Counseling

### Healthy Living

#### Health Coaches

**TEAM PLAYER** When athletes want a competitive edge, they hire a private coach to monitor their progress. When it comes to your health, using this mindset could also be beneficial. Health coaches are increasingly being hired by corporations to help employees stay healthy and by individuals seeking to improve well-being. For some, these coaches offer assistance in managing dietary constraints (due to conditions such as celiac disease or diabetes), and for others, they might focus on teaching stress-reduction methods.

**ONE-ON-ONE** In some ways, the health coach picks up where your physician leaves off, helping you to implement wellness strategies suggested after a check-up or diagnosis. Christi Collins, a holistic health counselor in Boston, recommends finding a coach who has received training from a reputable program, such as the Institute for Integrative Nutrition ([integrativenutrition.com](http://integrativenutrition.com)) or who has an AADP (American Association of Drugless Practitioners) certification. It's also key to find someone whose personality resonates with your own.

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