

The Ultimate Health Coach's Guide to

**AMAZING HEALTH,
SUSTAINABLE WEIGHT-
LOSS, LONG LASTING
ENERGY,
+ MUCH MORE**



**THE TOP, PRACTICAL, EASY TO IMPLEMENT
TOOLS & TIPS FROM HEALTH COACHES
AROUND THE WORLD**

**Compiled by Danna Yahav, Holistic Health & Wellness Coach
(www.dannayahav.com)**

What is a Health Coach?

According to The Institute for Integrative Nutrition, a health coach is

“a wellness authority and supportive mentor who motivates individuals to cultivate positive health choices. Health Coaches educate and support clients to achieve their health goals through lifestyle and behavior adjustments.”

Many people admit that meeting with a health coach has been a pivotal moment which has changed their lives forever.

I highly recommend setting up a free consultation with a health coach, I have created this top tip guide to get you started right NOW!



Stacie Humphrey, Holistic Health Coach at Defiantly Healthy –

Formerly from the suburbs, Stacie is now living and loving life on a farm. When she's not sponging up information on health and wellness, you'll find her gardening, making stuff from scratch, rounding up chickens and coming up with excuses to be outside.



<http://www.defiantlyhealthy.com>

Once you've made the decision to lose weight, daily reminders can help you stay on track by keeping your intentions fresh in your mind. These reminders can be anything, really: an inspiring quote on your fridge, a picture on your bathroom mirror, or maybe even an old pair of jeans hanging on your closet door. Whatever it is, try to keep it in a place that you'll see every day, and make sure it's something that speaks to you in a positive, uplifting way

Start everyday with a mug of warm water with the juice of half a lemon.

Why? Here are the benefits....

- 1) Protects immune system - Lemons are high in Vitamin C.
- 2) Balances pH - By changing the pH of the blood, lemon helps to rid the system of harmful bacteria.
- 3) Helps with weight loss - Lemons are high in pectin fiber, which helps fight hunger cravings.
- 4) Aids in digestion by flushing toxins from the gastrointestinal tract and aids in production of bile in the liver.
- 5) Clears the skin - it decreases the formation of wrinkles and blemishes and also purges toxins from the blood. The Vitamin C also assists in production of collagen, which keeps skin soft and smooth.
- 6) Lemons are a good source of potassium - which helps with brain and nerve function.
- 7) Helps to reduce uric acid in joints which can cause pain and inflammation.



8) Hydration!



Gail Sauter is currently working toward obtaining her Holistic Health Coach certification at the Institute for Integrative Nutrition. . After clearing her energy blockages through Reiki treatments, it became clear to her that her calling is to spread the word and help others gain this valuable knowledge and insight. She already has several clients signed up! She also enjoys being a Usana associate, enabling her to offer addition health benefits and improvements through pharmaceutical grade supplementation. therighttrackwellness.com⁴



Penny LaForest: Penny LaForest found her passion and purpose in life after being diagnosed with 26 food allergies. she was " ALL IN" she had to learn how to eat and how to cook all over again. She now shares her Passion and Purpose in her kitchen while showing others how to eat with their food allergies and cooking with whole foods, and with one-on-one Coaching. with Primary and Secondary foods.
<http://www.healthhappinessandwholefoods.com/>
www.facebook.com/healthhappinessandwholefoods

Feel fuller longer: take 1 tablespoon of hemp hearts and sprinkle them into your morning meal or on your salad... It will also give you a boost of energy.

For another energy boost: take one tablespoon of your favorite greens powder and mix with 8 oz of Kombucha Drink this around 2:00-3:00 to eliminate that 3 PM slump

Surround yourself with people who support your choices. Having support from friends, family, and your community can make all the difference in your ability to succeed!

Take ten minutes every day for you - stress is one of the greatest factors for feeling unwell and is a major contributor to today's most common lifestyle diseases. Taking just ten minutes to be still, breathe, journal, or stretch can reduce stress and help to create balance.

Tammi Hoerner is an AADP Board Certified Health Coach, Holistic Nutritionist, Herbalist, and Aromatherapist who supports today's Modern Moms in reaching their healthiest and happiest selves. Tammi offers completely customized programs based on the clients experience, lifestyle, and unique goals providing a solid pathway to success! The first break through session is always free!

www.headpositivemom.com



Sharon MacGregor, owner of Serene Serendipity. Serene Serendipity Wellness aims to help people achieve health and happiness through the connection of mind, body and spirit. "The groundwork for all happiness is good health." To this end, we provide holistic nutrition and lifestyle coaching for individuals and groups. We create a completely personalized "roadmap to health" that suits the unique body, lifestyle, preferences, and goals of each client.

919-213-0444

sharon@sereneserendipity.com

www.sereneserendipity.com



(1) I add 1 teaspoon of coconut oil to my tea – it helps with infections, digestion, skin, and hair. (2) I have an avocado to help me feel full when I am doing a detox, or juice fast, or just lightening up my eating. (3) I use coconut oil on my feet (and sometimes my legs) at night - keeps it smooth and pretty between pedicures.

Kim Dehlbom is a health coach, personal trainer, and Christian counselor. I've been a fitness professional for 10 years and have just started my counseling and coaching practice recently. You can find me on Facebook at Breakthrough Holistic Health Coaching. I have overcome an eating disorder, nicotine and sugar addiction, and rid myself of the need for anti-depression and anxiety medication after a 17 year dependency. I was also able to help my husband recover from what doctors said was a fatal disease. I accomplished all of this through restoring gut health. This is my specialty.



We are not what we eat, but what we absorb. If your gut is unhealthy, you do not absorb the nutrients your body needs in order to function properly. This leads to inflammation, which leads to disease. A healthy gut equals a healthy body. 3000 mg of glutamine a day for 30 days is extremely beneficial for gut repair

In today's fast paced world are you taking time for yourself to not only unwind (think great yoga class) but to let loose (think whoop it up)? We all have a basic need for pleasure and enjoyment but how do we find it? Is it in checking up on friends and family in social media? Book club? A nice bottle of wine? Its not so much as the what but the whether. We need to make time for ourselves to just be in the moment and enjoy. That presence will go a long way in giving you a recharge to power through the task lists consuming your energy. So I encourage you to start with a simple exercise of writing down "what brings me joy". And then choose something from the list and do it!



Samara Tricarico is a student at Institute for Integrative Nutrition and owner of Tasty Transformations, a health coaching and personal growth business. She is a certified Seven Spiritual Laws of Yoga instructor, a daily meditator, and is passionate about cooking, fitness, healthy living and her family. Her home is in Carlsbad, CA, where she lives with her husband and two children. You may reach her at

samara@tastytransformations.com & www.tastytransformations.com



Lynell Ingram, Holistic Health Coach at Defiantly Healthy -

Lynell is an urban girl sharing her love of healthy food, feeling great, patio gardening and living well. You will usually find her practicing yoga, painting, thrifting, and cooking and experimenting in the kitchen.

<http://www.defiantlyhealthy.com>



One of the best things you can do to help keep your weight in check is to get rid of sweetened drinks. Not just calorie heavy, sugary beverages, but also the zero/low calorie artificially sweetened ones. Artificial sweeteners can actually sabotage your weight loss efforts, and there is nothing nutritious about them. If you are having a hard time making the transition, try drinking seltzer waters flavored with fruit (not sugar) and water or tea with lemon. After all, wouldn't you rather quench your sweet tooth with the occasional, decadent square of antioxidant rich dark chocolate than a toxic chemical soup?

A tip for practicing mindful eating: Listen to your body after eating. Did that meal work for you? Do you feel satiated? This is an excellent time to take notice of what is being communicated. If you can, write down your feelings and observations in a food journal. Keeping a track of what works and what does not work will help you plan successfully for future meals. It also builds a healthy and respectful relationship with your belly!



Rhyannon Jovan is a Holistic Health Coach in Training with The Institute of Integrative Nutrition. As a women's wellness educator and Reiki Master, she loves to explore the alchemical spaces of healing with the soul and the body. Yoga is her therapy. A mother of two highly spirited children, she is a deep devotee and lover of leading and living The Passionate Life.

You can find more health tips and articles on my blog, Food, Spirit, Magicat

<http://foodspiritmagic.wordpress.com>

AND on Twitter@FoodSpiritMagic.



DRINK MORE WATER. AIM FOR HALF OF YOUR BODY WEIGHT IN OUNCES PER DAY. FOR EXAMPLE, IF YOU WEIGH 120 POUNDS, DRINK 60 OUNCES OF WATER. OUR BODY IS COMPRISED OF ABOUT 70% WATER AND SO ESSENTIAL. START UPPING YOUR INTAKE AND NOTICE YOUR SKIN GET CLEARER, YOUR BRAIN FOG DISAPPEAR AND YOUR ENERGY RISE.



Lauren McKenna is a massage therapist and health and wellness coach. She's an advocate for women getting back in touch with their innate wellness wisdom. Her work is focused on bringing women back to basics in regards to their wellness regimens.

Facebook.com/wisewomenwellness

Instagram: @wisewomenwellness

Rebecca is the founder of Simply Healthy Living and is a Certified Nutrition Counselor with a Masters in Nutrition and Food and Exercise Science. Rebecca combines her educational background with holistic philosophies and incorporates nutrition based on her client's individual needs.

Simply Healthy Living was founded to counsel adults and children to help them achieve optimal health and vibrancy given their unique physiology. After a consultation and periodic meetings our client's have overcome their challenges around; obesity, mood changes, eating disorders, low energy levels, blood sugar issues and hormone imbalances.

Rebecca.meyerson@gmail.com

www.simplyhealthyliving.org



Make your health a lifetime journey to commit to optimal wellness rather than a quick "fix." Add sprouts, eat fermented foods, get active doing something you enjoy, meditate, get high quality sleep, drink plenty of pure water, minimize processed foods, eliminate toxins, and be happy enjoying life! !

For glowing skin, try the double cleanse on your face at night. Wet face with warm water and apply a gentle cleanser. Wet a washcloth with warm water and use it to remove the cleanser. (No need to scrub) Apply a small amount of cleanser once more and this time rinse with a splash of cool water. The washcloth serves as a free, mild exfoliator, the second application allows for a deeper cleanse - especially good for those who wear makeup or after a workout. The final cool rinse helps tighten your skin and will help it glow. Finish with a paraben-free moisturizer.

Buy extra of your favorite fruit or veggies when they are in season. Freeze any extra by cutting into same-sized pieces and freeze on a sheet pan before portioning into freezer-safe bags or containers. The frozen produce can be added to smoothies, used to make guilt-free sorbets, or prepared as you wish! I do this frequently with pineapple, strawberries, asparagus, butternut squash and more!

Angela Guerreiro, CHHC
[Facebook.com/simplywholeliving](https://www.facebook.com/simplywholeliving)
[Www.Angela-Guerreiro.com](http://www.Angela-Guerreiro.com)
Twitter @angguerreiro



Shirley Plant- Nutritionist- Dietary Consultant
Author of Finally... Food I Can Eat and Libre a
dietary guide and cookbook for people with food
allergies

Website- www.deliciousalternatives.com

Book a Dietary Consult

<http://www.deliciousalternatives.com/consulting/>

Twitter- <https://twitter.com/sherrecipes>

Facebook- <https://www.facebook.com/sherrecipes>



Are you new to being gluten free? Just because that pre-packaged food says its gluten free, doesn't mean its healthy. Many gluten free pre- packaged foods are full of starch and sugar. A gluten free donut is still a donut. Read labels!

Lateral changes are best. (Switch from margarine to butter then butter to organic butter then organic butter to raw butter). This will allow easy acclimation into a new lifestyle without feeling deprived.

In addition do not think of never eating your favorite foods again; instead think about eating “upgraded” versions of your comfort foods. Don’t think you will never have gooey chocolate chip cookies again - you can just make them from scratch with “upgraded” ingredients like almond/coconut flour and palm sugar/stevia/honey and enjoy your treats every now and then. You still want to enjoy all the fun, tasty foods- but just upgraded!



Stephanie Beveridge, FDN

www.commit2wellness.org

www.facebook.com/commit2wellness



Scales make women cry, so never let
the scales rule your day.

Nichola Smith Coaching - Health
Wellness Lifestyle

www.nicholasmithcoaching.com



4-7-8 breath method by Dr. Andrew Weil

You breathe in your nose for 4 counts, hold for 7, then release for 8. It is suggested to be done with either 4 or 8 breath cycles no more than twice a day . In just 6-8 weeks in doing this simple method, folks have seen tremendous results. For example, less anxiety, lower blood pressure, better circulation, cardiovascular health, and an overall better sense of well being. The best thing is about this treatment is that it's FREE and easy! I challenge you to try this and keep a journal on your progress. Here's to your health! :)



My name is Beth Marlowe and I live in the majestic Blue Ridge Mountains of North Carolina. I am 50 years old and am very happily married with have 4 daughters, 23, 20, 12, and 8! I know crazy right? I have heard and experienced so many 'what to do's and what not to do's in my life that I wanted to personally go through a whole health overhaul so I can do the same for my family and others. Life is beginning at '50' for me and I love it!

www.HealthCoach4Life.com





Lisa is an RHN, holistic nutritionist, certified personal trainer, and a wow certified weight loss coach who helps others to achieve their wellness goals. She shows people how to eat food that is fun, simple, and easy to make that your kids will also love. I teach people who are new to clean eating where to start and learn the fundamentals of what they need for a lifetime of health. Learn to live your ultimate life and feel happier, healthier, and more at peace than ever before! Come hang out with me and live your ultimate life!

lisa@ultimatelife.ca

www.ultimatelife.ca

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1. Ditch the “diet” mentality. Eat real food! Choose foods that are grown in nature and still resemble their original state. Choose more foods that don’t come in a package. Fruits and veggies don’t come in a package.
 2. Keep a wellness journal. Write down everything you eat and drink for one week. Keeping a food journal can help you reach your goals. Also record how certain foods make you feel.
 3. Do not be afraid of fat! Fat does not make us fat, sugar does! But they must be good quality fats like avocados, nuts and seeds, coconut oil, and olive oil, plus more!





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lisa@ultimatelife.ca

www.ultimatelife.ca

4. Don't deprive yourself! Depriving yourself can increase your cravings and appetite hormones. Enjoy an occasional treat and enjoy it! Eat foods that taste great all the time. Healthy eating can be super delicious and simple to make. There are so many guilt-free indulgences that are super amazing!!

5. Eat on a 4-day rotation so you don't eat the same foods every day. This will help you avoid becoming sensitive or allergic to those foods. If you drink almond milk one day, have hemp seeds milk, or coconut milk the next day and rotate everyday for 4 days.

6. My last tip would be baby steps! If you are new to clean eating, don't get overwhelmed, just take one small change at a time and before you know it you will be on the road to the super healthy version of you!

1. eat breakfast every day
2. eat protein for breakfast - it will keep you fuller for longer and research suggests it helps to lose weight
3. don't leave your house without snacks - my favorites are raw nuts
4. I use the lemon peel, left after squeezing the lemon to rub it on my nails and cuticles to remove any discoloring and nourish the nails
5. cook once, eat several times - I cook grains and vegetables in big batches so I can have several meals. I also freeze my meals in a serving size portions so I have easy to take to work lunches when I am too busy:)



Joanna Fiminska is a Certified Health Coach and an advocate of healthy living. She became a health coach to fulfill her passion for supporting people and feeding them nourishing food that improves health and allows living a life to the fullest. Joanna received her training at The Institute for Integrative Nutrition in New York City. She is also a certified Master Practitioner of Neuro-Linguistic Programming and has a master's degree in Political Science from her previous life. Joanna leads workshops on nutrition and offers individual and group health and nutrition coaching to people who are tired of being on a diet, want to have more energy and fulfill their dreams. www.fiminska.com

My name is Kara and I am a Certified Health Coach from Integrative Nutrition and Communications Consultant in Colorado. I believe in implementing new ingredients in every part of your life slowly but consciously. I work with clients in their late 20's to mid 40's who want to improve their physical and mental health, self awareness, stress levels, relationships, and spirituality to become the version of themselves they know they are meant to be. karadejose.wordpress.com



- Coconut oil creation for toothpaste, deodorant, and reducing sun spots
 - 1/2 cup coconut oil
 - 1/2 cup baking soda
 - 20-30 drops peppermint oil
 - Mix completely

Use as toothpaste (no fluoride)

Use as deodorant (no aluminums or additional chemicals)

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Sock therapy when sick-1 pair of cotton socks and 1 pair of thick socks. Do before bed. Fill a small bowl with ice water and place cotton socks within nearby--Fill tub/sink with hot water and place feet in for 10 minutes. After ten minutes (your feet will be pink), take feet out of hot water and place socks on. Place second pair of thick socks on. Go to bed. This uses hot and cold therapies to get your lymphatic system pumping. Your feet have one of the thinnest parts of skin on your body and this method safely pulls any toxins and mucus out through the soles of your feet. (Naturopathic remedy).

Emily Ember is a Woman of the World on a mission to connect all back to their thriving, vibrant and authentically divine lives. She empowers women and men alike in getting back to their free spirit nature, vibrancy of body and mind, and connect whole-heartedly to themselves and ultimately others and the world.

www.emily-ember.com



Expose your body (as much as possible!) to direct sunshine every day. You often hear that 20 minutes or this or that number is the right amount but I believe it varies per person and you will know when you have had too much sun, just like you know when you haven't had enough of that glorious (and free!) Vitamin D. For me, my mood is elevated and my spirit warm through simply being in the sun. Direct sunlight on your body is in fact the most natural cleanser for our human bodies - it stimulates cells to detoxify our deepest organs (especially when you expose your organs in your back such as the kidneys!) as well as stimulates sweating (which you can obviously also which detoxifies the skin. Studies show that direct exposure to the sun does not in fact create cancer but rather an unhealthy, toxic body - so get healthy, get fresh air, plenty of sunshine (and out of our offices and dark bedrooms!) and feel the sunlight on your skin and in your body, mind and spirit!

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1. Restrictive diets simply DO NOT work. Instead of removing your morning bagel, drink a green juice or smoothie 1st. If you are still hungry, then have your bagel. Go to <http://www.dannayahav.com/recipes/juices-smoothies/> for recipes.
 2. It is NOT about willpower. It's about finding the right balance for your mind, body, and soul. An old story that you've been telling yourself for years may be keeping you trapped in old behaviors that no longer serve you.
 3. I encourage you to find a health coach near you to support you on your journey. Life is short, why not live the healthiest more rewarding life possible?
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I am Danna Yahav, holistic health and wellness coach. I empower the modern woman and mother to nourish herself and those around her in a balanced, loving, and healthy way. Join my tribe at

<http://www.dannayahav.com>

[Facebook](#)

[Twitter](#)

[Pinterest](#)

dannayahav@gmail.com

Ready to focus on yourself & your goals?
Set up a FREE breakthrough session with me [HERE](#).



PHEW! There were some AWESOME tips in here and I hope one or two really resonated with you.

This is the true test right here. Are you going to do something with what you just learned? Don't put it off. Add coconut oil to your shopping list or schedule that workout NOW. All you have is this moment.

As you read through, if a certain coach stood out to you, I urge you to contact them, follow them on Facebook, or add your e-mail to their newsletter list. Let us be your lighthouse.

Be well, be present, and be all that you wish to have.

XO.

*Danna Yahav
+ 20 amazing health coaches*

This information is for educational and entertainment purposes only and has not been evaluated by any government agency. These tips are not intended to diagnose, treat, cure or prevent any disease or condition. The information is not medical advice and is not given as medical advice. Because there is always some risk involved when changing diet and/or lifestyle, the health coaches here assume no risk or responsibility for any adverse reactions or consequences that might result from implementing any of the tools. Before engaging in any diet and/or lifestyle change, please consult a qualified medical professional.