

A Wide Range of Tools and a Broad Lens

What would your life look like if you were finally able to reach your health goals?

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My clients often come to me seeking guidance to help them with their long-standing health challenges. Too often they feel they have exhausted all resources, searched all avenues, tried all ‘diets,’ and hit rock bottom. They know instinctively, if not consciously, that they need someone to help them reach the goals that seem out of reach. What they’re seeking is someone who not only listens intently to what they have been through in their lives, but who has a wide range of tools in their toolbox and a broad lens from which to observe how all of the aspects of their lives work together. It’s just such support that will allow them to finally regain balance and to heal.

HOLISTIC HEALTH COACHING: AN INDIVIDUAL, COMPREHENSIVE APPROACH

Kristy Y, a 30-year-old woman, came to me struggling in many aspects of her life. She reported feeling overweight and not liking how she looked, she had many significant chronic health concerns, including diffuse inflammation in her joints, allergies, and digestive issues. She reported being tired all the time and didn’t have the energy to do the things she once loved to do. And she couldn’t figure out a movement program that she liked enough to do regularly without having to force herself.

I worked with Kristy in a very comprehensive way—looking at all parts of her life, and introducing the small, manageable changes that add up to major change. For example: Sending her to a Naturopath for specific testing she and I thought necessary to best support her; taking her to the gym and— with her—figuring out what simple, enjoyable program she would sustain; going to the grocery store with her and teaching her how to read labels and to cook simple, nourishing, healing, whole-food recipes that would never leave her feeling deprived or on a ‘diet,’ (which had always led to feelings of failure for her in the past!).

Together, we collaborated on simple ways



to detoxify and strengthen her body. And we explored, and Kristy determined, ways to enhance her primary relationship—which provided additional support to her—as well as small ways to nurture herself, a little bit each day, in order to create balance in her life.

Building on these small changes, a new lifestyle path emerged and, over time, allowed her to recover her health. Kristy easily released her extra weight and maintained her new weight without even thinking about it—and felt very proud of herself for her resolve. She found a new love of moving her body and has maintained the overall increase in energy to do the things she once loved to do. Finally, the significant decrease in pain and inflammation in her joints and resolution of her digestive issues allowed her to reach all of her health goals! Kristy—like my other clients—reports that setting small, attainable, mutually-decided-upon goals, along with the caring, mutual accountability inherent in our coaching relationship, is what led to her success.

A BACKGROUND PREPARING ME FOR COACHING

Kristy is an example of how I approach the work with each of my clients. This approach—which considers the multiple aspects of *whole* health—reflects my

extensive background in both training and experience. I have a Bachelor of Science degree in Exercise Physiology and have worked as a personal trainer; I have a Master’s Degree in Occupational Therapy and have worked with diverse populations, from pediatric to geriatric, addressing orthopedic to neurological conditions in the allopathic model. For 10 years, in my private complementary medicine practice, I learned and used numerous hands-on techniques to help my clients in chronic pain. This included certification and training in techniques including reflexology, craniosacral therapy, reiki, children’s yoga, lymphatic drainage, and connective tissue mobilization.

My training as a Certified Health Coach, through the Institute for Integrative Nutrition, rounded out what I had been working towards for many years: a truly comprehensive approach to guiding my clients to wellness again.

Over the course of these past decades, my informed and varied perspectives, my continued educational pursuits, and my eternal passion and optimism about our body’s innate ability to heal and balance if given the right tools—have all combined to lay a solid, rich foundation for my work with my clients. This allows my clients to meet (and often exceed) the goals and dreams they have for themselves—usually for the very first time! . ❧❧

Dr. Jennifer R. Lazinska, BS, MS, OTR/L, CHC, is a Certified Health Coach from the Institute of Integrative Nutrition. In her private practice, she currently specializes in coaching women, working one-on-one with her clients. She gives talks on varied wellness topics according to group needs and is starting up group programs for women in the near future. For more information or to schedule your FREE one-hour consultation, please call 919-602-9706. To learn more, go to www.MySublimeHealth.com