

Health Coach Gina Van Luven to be Featured on CUTV News Radio

PARK CITY, UTAH, UNITED STATES, November 10, 2017 /EINPresswire.com/ -- Every woman knows the challenges of balancing life and work. Too often, women do things out of obligation and feel selfish if they decline. They try to be superwomen, but superwoman doesn't exist and it's exhausting trying to keep up.

To find the elusive balance we all seek, we have to know what is right and wrong for ourselves. Ultimately, we need to feel empowered to make decisions and that we have more control over our destiny than we've been led to believe. Being empowered gives us a sense of freedom and joy. When you're empowered, you can even take situations that seem negative and use them as a tool to make positive shifts in your life.

Gina Van Luven is a Board-certified Health Coach. As a wellness expert, Gina focuses on empowering others to take control of their own health and well-being.

"I help individuals find their sense of power to regain their health and well-being...especially women" says Gina. "It's about just bringing joy back into their life again. Ultimately, it's an individual's choice to take on an idea or not. That's empowerment."

Many people believe it's easy for Gina to be healthy because she's a Health Coach, but it wasn't always that way. Gina grew up with a myriad of health issues, collecting as time went on. However, it wasn't until her youngest son was diagnosed with chronic ADHD and aggression at age three that her path changed. An incident with her son at school prompted some very significant changes, the most significant being diet.

"Changing our diet changed our lives," recalls Gina who, in addition to health issues, struggled with childhood trauma of sexual abuse and a transient life.

In a very short period of time, her life started to change. Not only had her son's ADHD and aggression subsided in just a few weeks, but her own symptoms were disappearing.

"I was off my daily asthma inhaler in three months and my allergies, arthritis, PMS and other symptoms just went away," recalls Gina. "So the light bulb just went off. If I can do this for myself and my family, imagine what other people could do."

And so Gina left her corporate job at a Fortune 100 company to go back to school for her coaching



certification.

“Soon I was witnessing what seemed to be miracles, but they weren't,” recalls Gina. “They were just people learning how to get back to the fundamental principles of health and well-being. And throughout that process I realized that the diet and lifestyle are only a small piece of it. The big piece is the emotional part: what you think about yourself and others.”

In addition to her work with individuals and small groups, Gina is a highly sought-after motivational speaker for audiences around the globe. “I love the big audiences,” says Gina. “It’s a very different energy. I love the challenge of being able to shift someone’s mindset or change the energy in a low-energy space...super exciting!”

Gina is also the best-selling author of *Nutrition for Success – How to Maximize Performance in All Areas of Life*.

“This book is great for people who are ready to explore improving their overall well-being,” says Gina. “Whether it is your relationships, career, spirituality, diet or lifestyle, your overall well-being depends upon having balance in all these areas.”

CUTV News Radio will feature Gina Van Luven in an interview with Jim Masters on November 14th at 1pm EDT.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information about Gina's book, visit <http://www.NutritionForSuccess.com>.

For more information on Gina Van Luven, visit <http://www.ginavanluven.com>.

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