

Wendy Martens of New Pathway to Health to be Featured on Close-Up Talk Radio

BETHESDA, MARYLAND, USA, November 21, 2014 /EINPresswire.com/ -- Today's world can be extremely challenging for working women especially. Unfortunately, many women cope with their stress by eating. Rather than nourishing their bodies, they eat the foods that offer them the most relief from the stresses of family, relationships, money and work. This stress-eating can cause significant weight gain. Soon they find themselves trying every diet there is, only to gain the weight right back.

But what if you could lose weight and the diet? What if you could discover your ideal body eating what you want?

Wendy Martens is the founder of New Pathway to Health, a coaching practice dedicated to helping women overcome stress-driven [disordered eating](#) and achieve [sustainable weight loss](#). Wendy works with the mind and body to allow her clients to achieve what they want to achieve and prevent diseases like diabetes and heart disease attributed to stress and being overweight.

"It's not about shoulds and shouldn'ts," says Wendy. "It's about exploring what's going on in your life to help you change your eating habits."

With New Pathway to Health, Wendy combines Mark David's Psychology of Eating philosophy with HeartMath techniques that relieve stress to help women lose weight without dieting.

"There's no dieting in the Psychology of Eating because diets fail," says Wendy. "My clients are tired of being on the yo-yo, losing weight and gaining it back. I teach them to allow food to nourish them."

Wendy teaches her clients how to adopt healthier eating habits like eating whole and natural foods; doing more cooking; taking three deep breaths before you eat; eating slowly; and perhaps most importantly, not eating in front of the TV. It's about paying attention to the choices you're making, but, says Wendy, you only have to choose the foods you love. It's not restrictive – if you want to go to McDonald's, go to McDonald's – but once you begin to eat whole, natural foods your body will adapt to craving those foods.



"I'm not a string bean by any means, but I'm happy with where I am because I know how I'm eating," says Wendy. "I want to help my clients live and enjoy their lives. The trick is to slow it

down.”

Close-Up Talk Radio will feature Wendy Martens in an interview with Doug Llewelyn on November 24th at 12pm EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.

For more information on New Pathway to Health, visit <http://www.newpathwaytohealth.com>.

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