

# Elizabeth Jones of Healthiest Day Ever to be Featured on Close-Up Talk Radio

OVERLAND PARK, KANSAS, USA, December 12, 2014 /EINPresswire.com/ -- According to the American [Diabetes Association](#), each year nearly two million people are diagnosed with type 2 diabetes. Upon receiving this diagnosis, it's natural for people to want to blame their genetics, or their doctors or their parents or their wife. But your genetic makeup is not in control. Your doctor and your partner are not in control. You're in control. Each individual has the responsibility to take ownership of improving his or her physical health. Only you have the power to bring your body back into wellness.

Wellness expert Elizabeth Jones is the founder of Healthiest Day Ever, a [health and wellness coaching](#) practice focused primarily on supporting individuals who suffer from symptoms of type 2 diabetes to make empowering health decisions and take control of their lives.

“Just like the name says, I’m trying to help bring people to their healthiest day ever,” says Elizabeth. “My mission is to help my clients understand that type 2 diabetes is reversible, that they can get off their prescription drugs with permission from their doctor and live a life that is healthy and delicious.”

While it is true that diabetes is reversible, restoring your body to its optimal health requires that you change your habits. Through her easy to follow programs, Elizabeth helps put you back in control of your health.

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“People come to me confused and overwhelmed,” says Elizabeth. “As we partner together, I will help you stay focused, maintain your motivation and give you the tools to track your progress. I believe our bodies are miraculous. We can do anything we want with them. Nature has given us all the tools for healing and preventing disease.”

The logo for "healthiest day ever" features the words "healthiest" and "day ever" in a bold, lowercase, sans-serif font. To the right of the text is a stylized graphic of two human figures with their arms raised, suggesting movement or joy.

While Elizabeth says she believes strongly in using whole food nutrition to strengthen the immune system, prevent illness and improve overall health, the difference between Healthiest Day Ever and other wellness coordinators is that she doesn't have just one way.

"I believe that, through education, I can reach people before they lose their health to a chronic illness or life-threatening disease," says Elizabeth. "I can find a solution to fit anyone's preference or lifestyle and I will work with them as long they stay committed."

Close-Up Talk Radio will feature Elizabeth Jones in an interview with Doug Llewelyn on December 15th 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 Healthiest Day Ever and to receive a free gift from Elizabeth, visit <http://www.healthiestdayever.com>.

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*Elizabeth Jones*