

Bonnie Muller of New Era Health Coaching to be Featured on CUTV News Radio

CLARINDA, IOWA, USA, February 13, 2015 /EINPresswire.com/ -- Are you feeling overwhelmed? Can't sleep? Are you playing tug of war with your body and your life? How do you find balance? Where can you turn when you feel like you've got one foot on the gas pedal and the other stomping on the brake?

Bonnie Muller is a <u>clinical health coach</u> is the founder of New Era Health Coaching, where she specializes in helping clients create their optimal <u>health and wellness</u>.

"I am a true believer that every day is a second chance," says Bonnie. "I take you from where you are at that point and time, we move forward from there. Let me help you put your life and your health into perspective."

Bonnie had been a healthcare provider for 17 years in family practice. Last year she decided to "break up" with traditional medicine when she realized medicine had become more about making money and less about patient care.

"I got tired of being in sick-care," says Bonnie. "That's all healthcare is now. It's no longer about taking care of people. It's about taking care of your pocket book, your wallet."

Today, Bonnie promotes health and wellness instead of treating illness and disease. As a health coach, Bonnie says





she finds great satisfaction in the collaborative and creative relationships she is able to form with her clients. She is currently working toward adding EFT to her practice. She's found it to be extremely helpful for everything from physical pain and insomnia to anxiety and food issues.

"Patient-centered care is really where the focus needs to be," says Bonnie. "Recognizing that the client is the one true expert on their health and helping them to trust their inner healing mechanisms is as important to my job description as

my knowledge of traditional medicine.

"I love what I do. I really do. I'm love being able to help people and see their most positive qualities," says Bonnie. "That's what's missing from healthcare don't you think?"

CUTV News Radio will feature Bonnie Muller in an interview with Jim Masters on February 16th at 2pm 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 Era Health Coaching, visit http://www.newerahealthcoaching.com

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