

## Valerie Stancill of What Are U Eating? to be Featured on CUTV News Radio

VOORHEES, NEW JERSEY, USA, February 26, 2015 /EINPresswire.com/ -- Dieting isn't for everyone, but eating healthy is! Most approaches to nutrition focus on calories, carbohydrates, fats, protein. Instead of creating lists of restrictions and good and bad foods, you can create a happy, healthy life that is flexible, fun and free of denial and discipline.

Valerie Stancill is the founder of What Are U Eating, a [holistic wellness center](#). She has a health coaching practice dedicated to helping individuals discover a better quality of life. As a health coach, Valerie creates a supportive environment that enables her clients to achieve all of their health goals.

"I'm passionate about helping people live the abundant life they were destined to live," says Valerie. "There are hundreds of diets and they all work, but once you are off that [diet](#), what are you going to do? You have to change your mind and rationalization with food so you can continue after you're done seeing me."

According to Valerie, people will use food for anything – it's a stress reliever, a companion for loneliness – but we never seem to recognize food as a healing agent. We don't see it as our fundamental source of energy that's supposed to nourish us. As a result, our attitudes about food are completely distorted.

"There are so many good foods to eat, but you have to learn how to enjoy them," says Valerie.

Valerie's husband was diagnosed with pulmonary arterial hypertension, a rare lung disease, in 2000. Usually patients diagnosed with disease live for 3-5 years,

"I thought there had to be a better alternative than just taking this western prescribed medication," recalls Valerie. "I looked



can eat according to your disease and allow your body to heal itself. You can make food your medicine”.

Valerie’s husband would live for another 14 years due to new medications constantly being developed and changing his eating. Today, Valerie specializes in individuals with hypertension and diabetes but she also has clients who simply want to lose weight.

“I’m most proud when I have a client who has succeeded,” says Valerie. “For me to get a thank you from a client makes the whole journey with them worth it.”

CUTV News will feature Valerie Stancill in an interview with Doug Llewelyn on February 27th at 11am 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 Valerie Stancill, visit <http://www.whatareueating.com>

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