

Angelique Trigueros of Fabulously Paleo to be Featured on CUTV News Radio

SPRINGFIELD, MISSOURI, USA, May 6, 2015 /EINPresswire.com/ -- It's no secret Americans struggle with a distorted understanding of [nutrition](#). Our bodies suffer from the highs and lows caused by sugar spikes and dips throughout the day and the excess weight we carry only further exacerbates our health problems. We need to transition to a more well-rounded food pyramid based on foods that nourish us.

Angelique Trigueros is the founder of Fabulously Paleo, a coaching practice dedicated to supporting individuals as they transition to a healthier lifestyle.

"I really want people to get a grasp on life and really celebrate it," says Angelique. "To extract as much joy out of life as you possibly can. It's a mindset shift you need. You can't wake up and be positive. You have to actively work at it."

True to its name, Fabulous Paleo promotes the [Paleolithic diet](#), also known as the Caveman Diet, which offers a whole-foods approach to nutrition based on the food our ancient ancestors likely ate before the advent of refined and processed foods.

Angelique says clients are initially resistant to the Paleo diet because it seems like they're eliminating foods, but you're actually adding foods your body craves. You're still eating your meats, vegetables, fruits, nuts and essential fats; you're just not eating refined products. On the Paleo diet, we eat foods that serve our body.

"People associate diets with deprivation. This is about abundance," says Angelique. "It's about making a lifestyle change. You're learning and incorporating a whole foods approach. It's easier to transition and get the ball rolling. It takes a little adjustment, but it's actually not hard at all."



21 Day Sugar Detox. Created by New York Times best-selling author of Practical Paleo, Diane Sanfilippo, The 21 Day Sugar Detox teaches you to reset your palate to avoid sweets and enriches your taste for nature's goodness. Today, Angelique is a 21 Day Sugar Detox certified coach.

"It has changed my life, not only physically, understanding how food nourishes the body, but the course of my profession," says Angelique. "I'd been coaching to shift my client's mindset or change their perspective. This added an extra layer."

As a practicing speech and language pathologist in the healthcare field for almost 20 years, Angelique has worked extensively with people who have suffered strokes, traumatic brain injuries and even children with autism. Along the way, Angelique realized she wasn't just working with her patients, but their family as well, helping them to cope with the dramatic changes that have impacted their life. Angelique received her certification as a life coach to officially incorporate these skills into her speech pathology practice. Most recently, Angelique is pursuing her doctorate in health psychology, which seeks to marry both disciplines.

"The Paleo diet changed a lot about my personal life. It pumped up my enthusiasm for a better life, which is what we all want: better relationships, better jobs, better experiences," says Angelique. "When you know something you have to teach people."

CUTV News Radio will feature Angelique Trigueros in an interview with Doug Llewelyn on May 7th at 10am 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 Fabulously Paleo visit <http://www.FabulouslyPaleo.com>

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