

Bernice Clark of Serene Space Health Coaching to be Featured on CUTV News Radio

LINDENWOLD, NEW JERSEY, USA, June 23, 2015 /EINPresswire.com/ -- In our fast-paced world it seems there's no longer any time to be introspective. There's no time to ask, "What am I lacking? What do I need for myself to feel better and do better?" We have to look at our bodies as a complete system: if one thing isn't working right, then nothing else will.

Bernice Clark is a certified health coach and the founder of Serene Space Health Coaching where she specializes in helping medically ill people who have a desire to change their lifestyle by educating them to make informed choices for their health.

"I'm passionate about helping people restore and maintain their health and well-being so they don't need pharmaceuticals to manage health issues for the rest of their lives," says Bernice.

The consummate health care professional, Bernice has been a nurse and nurse practitioner for 25 years. Bernice says the pivotal point in her decision to pursue health coaching was her own health issues that required major surgery. Though she emerged from the experience better physically, she says she still didn't feel good.

"I decided I needed to apply the things I'd been preaching to patients," recalls Bernice. "I did some research online and when I saw the distinction between what I did on a daily basis and what a health coach did I was intrigued. I thought it fit really nicely with what I was already doing."



*The Serene Space
Where Transformation Begins*

According to Bernice, health coaching is the space between a person who needs assistance and

those people because I understand physiologically what's going on with them and I have an understanding of what medications they may or may not be on. I can recommend changes to their diet that won't compromise their current health conditions."

And nutrition is the building block. You have to nourish yourself well and hydrate yourself well for your body to work effectively. Putting good fuel in will bring good things out. Still, says Bernice, in order for health coaching to be effective she and her clients have to be able to trust one another.

"They have to trust that even though they may not see results immediately I am working on it with them," says Bernice. "We will tweak it and work it until it works for them. I'm working in their best interests all the time until we meet their goals."

CUTV News Radio will feature Bernice Clark in an interview with Doug Llewelyn on June 25th at 10am EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio/2015/06/25/cutv-news-radio-spotlights-bernice-clark-of-serene-space-health-coaching>

If you have a question for our guest, call (347) 996-3389.

For more information on Serene Space Health Coaching, visit <http://www.serenespacehealthcoaching.com>

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