

Georgia Ryle of Small Changes Lasting Results to be Featured on CUTV News Radio

MCCOMB, MISSISSIPPI, USA, October 8, 2015 /EINPresswire.com/ -- For many people, food and stress go hand-in-hand. We believe we are so busy that we don't have time to eat properly. But giving our body the nutrition it needs is a positive step toward combating stress. With a little planning, we can learn to enjoy real nutrition.

Georgia Ryle is a certified integrative nutrition health coach and the founder of Small Changes Lasting Results, a health coaching practice specializing in helping motivated, busy women over 40 lose weight and restore their health.



"We all have the answers inside of us, but we can't always find them," says Georgia. "That's where a health coach comes in. We encourage you to go deeper to find the solution for your own body because everyone's body is different."

Georgia is certified through the Institute for Integrative Nutrition, the world's largest nutrition school and certification program. Georgia says she was first introduced to health coaching after experiencing health issues herself. After years of suffering from low energy and depression and finding herself 50 pounds overweight, she decided to take control of her health and her life and sought the help of an alternative health practitioner.

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Where medical doctors had said her condition was simply part of getting older, tests showed she suffered from Hashimoto's disease, a condition where the immune system attacks the thyroid and/or the receptor sites. Her practitioner suggested she change her diet drastically. Soon, her body began to

restore itself, and she started losing weight. The experience inspired Georgia to become a health coach.

"It's so important to find balance," says Georgia. "Our bodies are in one of two modes: 'fight-or-flight' or 'rest and digest.' If we're always stressed, our digestive system won't work properly; if our digestive system doesn't work properly, then our immune system won't either."

Georgia says improving our health is about what we put in our body, what we do to maintain our stress and how we get our body moving. She sets small goals for clients to accomplish each session and holds them accountable to those goals.

“When you tell me you’re going to do something, I’m going to hold you to it,” says Georgia. “I have high standards for people, and I expect them to hold themselves to a higher standard. You’re so much more than you are seeing, and I want to bring that out of you. I want you better than when you first came to me. That’s my goal, and I want to help as many people as I possibly can through my program.”

CUTV News Radio will feature Georgia Ryle in an interview with Doug Llewelyn on October 12th at 11am EST.

Listen to the show at [BlogTalkRadio](#).

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

For more information on Small Changes Lasting Results, visit <http://healthcoach.georgiaryle.com>

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