

# Amy Bondar of Nourishing Body, Mind and Soul to be Featured on CUTV News Radio

CALGARY, ALBERTA, CANADA, October 23, 2015 /EINPresswire.com/ -- Every time we eat we have the power to influence our health. What we eat significantly affects our physical, emotional, mental and spiritual well-being. Food is the foundation for wellness so what we eat matters.

Amy Bondar is a Holistic Nutritionist and the founder of Nourishing Body, Mind and Soul where she helps her clients create lasting improvements in their health, eating habits and weight. With advanced training in cutting-edge nutritional therapies, Amy can work with you to transform your relationship to food, body and self.

Most weight loss and nutritional programs only focus on what not to eat.

"For so many years, people have been

focused on restriction and rules," says Amy. "There is so much conflicting information in the nutritional world, it seems we have lost our way to true nourishment."

Many of these programs are missing the critical elements of lasting weight loss, optimal health and creating a healthy relationship with food: nourishing body, mind and soul.

Nourishing the body is about using the power of food to maximize our energy and vitality, improve symptoms and move people toward a greater state of health and wellness. It is about understanding your own unique body type and finding the perfect fuel mix to best support you.

Nourishing the mind is about understanding and resolving the challenges, stresses and unresolved conflicts in our lives that are often at the root of weight issues, eating challenges and unwanted eating behaviors. What we eat is one thing, but why we eat is another.

Finally, nourishing the soul means connecting with food in a joyous and meaningful way. It is also about helping people find what truly nourishes them in their lives.

"I often find that at the root of eating challenges, health and weight issues, is a lack of fulfillment and purpose in one's life," says Amy. "I find when people connect to their mission and do what they love to



do, they use food in a totally different way. It leads to an incredible transformation in how they relate to food, body and self."

With a background in social work, Amy says she always knew she wanted to help people, but she wanted a more inspiring platform to help people make positive shifts and transformations in their lives. She says she had always been fascinated by the psychology of eating - what's going on that is causing people to have such a conflicted relationship with food? Today, Amy is an advocate for nutritional consciousness and nutritional awareness.

"Our connection to food is a life-long relationship. In fact, it's the longest relationship we ever have. People want a joyous and pleasurable relationship to food, not a conflicted and stressed one.



This is such a collective need," says Amy, and helping her clients get to that place is what she is most inspired to do.

CUTV News Radio will feature Amy Bondar in a two-part interview with Jim Masters on [October 26th](#) and [November 9th](#) at 5pm EDT.

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*Amy Bondar*

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For more information on Nourishing Body, Mind and Soul, visit [www.amybondar.com](http://www.amybondar.com)

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