

Jo-Anne Rohn-Cook of Holistic Health Center to be Featured on CUTV News Radio

FORT MORGAN, COLORADO, USA, February 25, 2016 /EINPresswire.com/ -- We've all heard the phrase "You are what you eat," and it's true to some extent, but we're not just what we eat, we're also what's eating us emotionally. Addressing our nutrition and the emotions that support our poor food choices is the key to living a healthy, vibrant life.

Jo-Anne Rohn-Cook is the founder and director of Holistic Health Center, where she helps clients understand the connection between our food and our mood.

"Every person is as unique as a fingerprint, so what works for one system may not necessarily work for another," says Jo-Anne. "It takes conscious effort to make a change in our system, to restore our health and overcome our overwhelming fear, but we don't have to do it alone."

Jo-Anne's research and expertise in nutrition, stress management and self-esteem have benefited thousands. She inspires her clients through her own recovery and guides others in discovering their own health and happiness.



About 47 years ago, Jo-Anne was told by doctors that she would be dead in 20 years from Lupus. She saw 18 doctors in three years. There seemed to be no hope.

"Finally I told God I needed a miracle," recalls Jo-Anne. "I wanted to see my children grow up."

Through her research, Jo-Anne was able to determine her problem and the problem afflicting so many people who struggle with their nutrition: we're "foodaholics." When we eat certain foods it causes us to enter a reactive state instead of a responsive state. When we're in a reactive state, we can't choose for ourselves. We lose control.

The Holistic Health Center offers individualized nutritional programs as well as Emotional Release Technique. Jo-Anne will conduct an evaluation with the client to determine what supplements might be most beneficial to their lifestyle and unique body chemistry.

"When you do this it's like magic," says Jo-Anne. "It's a symphony performance instead of a rehearsal."

CUTV News Radio will feature Jo-Anne Rohn-Cook in an interview with Doug Llewelyn on February 29th at 12pm EST.

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

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

For more information on Holistic Health Center, visit <http://www.joannerohncook.com>



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