



ACC Global Media features Chelsea Newman of Collaborative Health Consulting on Relationships with your BODY & FOOD

*ACC Global Media Spotlights World
Recognized Health & Food Expert
Chelsea Newman of Collaborative Health
Consulting on Relationships with your
BODY & FOOD*

HONOLULU, HAWAII, UNITED STATES,
November 16, 2016 /EINPresswire.com/
-- ACC NEWS Interview with [Chelsea
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ACC News Spotlights Chelsea Newman founder of Collaborative Health Consulting on Relationships with your BODY & FOOD on Thursday November 17th at 7PM EST.

Honolulu, HI –“If you want anything in your life to be at its highest potential you first need to learn to honor and love your body, and understand how to be in control and in harmony with it. If you want a business to run smoothly, if you want better sex, or to fall in love, or to run a marathon... it all comes back to the basic things... you need to feed yourself properly and that means body, mind and spirit,” exclaims Chelsea Newman, found of Collaborative Health Consulting.



CHELSEA NEWMAN FOUNDER of COLLABORATIVE HEALTH CONSULTING



CHELSEA NEWMAN FOUNDER of COLLABORATIVE



World recognized
Transformation Nutrition
Coach & Food Relationship
Expert Chelsea Newman has
a vast WORLDWIDE
knowledge of food & nutrition
rarely seen.

*ACC GLOBAL MEDIA
RESEARCH DEPARTMENT*

Every day you wake up every morning, start your day off with a healthy breakfast, weigh your lunch options and look forward to celebrating a long day of work by light dinner and a glass of wine. Or maybe you don't think about what to eat and just let it fly, enjoying whatever comes easiest. For some, eating is just a simple pleasure or a basic necessity for survival. For others, food, weight, health and body image is a constant struggle. They look in the mirror and despise what they see. The National Association of Anorexia Nervosa and Associated Disorders reports that more than 30 million men and women in the United States suffer from some type of eating disorder. This includes over eating, under eating, emotional eating and the one we all succumb to... stress

eating. The effects of eating disorders can be incredibly detrimental to one's physical and mental health. As frightening as the situation may be, thankfully there are trained professionals like Chelsea Newman of Collaborative Health Consulting, to assist people in establishing a healthy relationship with food, nutrition, our bodies and our health.

With over 8 years of personal and professional experience, Chelsea is a Certified Transformation Nutrition Coach, and Holistic Healer with an incredibly unique and personal background in the health, wellness and beauty industry. At a young age, Chelsea battled with serious health issues, leaving her with deep body image issues and a terrible relationship with food. In and out of hospitals at the age of 18, Chelsea experienced firsthand, the failure of traditional western medicine and opened her eyes to the holistic and natural approach to health and nutrition. Unlike other holistic healers, Chelsea has a fascination with meshing science and traditional approaches with the ancient and alternative natural methods that she's studied extensively.

As a Nutrition Coach, Chelsea has worked with many doctors, schools, insurance companies and health organizations including GNC, to implement a variety of health/wellness programs; however, she now focuses solely on one-on-one and group coaching. Chelsea brings fresh and unique methods to each and every individual she works with and customizes everything she does because she knows there is no such thing as a one size fits all program. As Chelsea often travels for conferences and speaking engagements, she has now moved her business into the online realm and is able to work with clients from around the world via email, FaceTime, Skype, and in person when available.

All of Chelsea's incredible services can be viewed at www.collaborativehealthconsulting.com. Her fascinating and widely successful programs include The Relationship Rewire, The No Make-Up Wake Up, 10-Day Rapid Fat Loss, and her signature program, The Lotus Method, which is an 8 week program to transform your body health and improve your relationship with food utilizing the chakras of the body.

"As I went through my own battle with food, health and the healing process, I came to understand something very important, that there is a direct correlation and an easy to follow frame work given to us through the chakras of the body. These chakras each govern a biological, a spiritual, and an emotional part of your being, and when you understand how to heal and harness the power of these chakras, you literally become a radiant being in all areas of your life. Have you ever where phrases like "You are glowing" or "You are absolutely radiant" came from? These states of pure beauty, flow and grace are achieved when your chakras are aligned and healthy, and these chakras have even been referenced in places in the Bible. They are really like the user manual to your body and they are something every woman should know and understand... People don't realize that negative body

image and a poor relationship with food has a body, mind, spirit and biological root, and your relationship with your food and your body is really just a symptom of the state of your mind. When you transform your relationship with food, you transform the way that you love yourself... and then the magic happens? This is why my programs encompass the best of both western medicine and holistic methods, allowing my clients to easily embrace and free themselves to live happier, healthier and fuller lives. Really what I do is teach people how to feed themselves properly -and feeding yourself properly means body, mind, spirit and soul.” exclaims Newman.

Chelsea certainly has a passion for people, the world and her sincere message is taking her far. The future is bright for Chelsea Newman as she’s currently filming a documentary about health/nutrition across various parts of the world. The film is set for release in late 2017 and is said to have a series of celebrity guest appearances. 2017 will certainly be a very busy year for Chelsea, as she will also be releasing her first book.

Chelsea Newman will be featured on ACC News Talk Radio www.blogtalkradio.com/accglobalmedia on Thursday November 17th at 7pm EST. For more information visit www.collaborativehealthconsulting.com, email Chelsea@collaborativehealthconsulting.com or call 808-673-8215.

Thank you for sharing this vital information with your clients, network of colleagues and co-workers! Please tune in at show tab below.

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