

Coach Wendy Lee Jaques to be Featured on CUTV News Radio

HOUSTON, TEXAS, USA, February 23, 2017 /EINPresswire.com/ -- The healthier you are in every aspect in your life, the more your eyes are opened to the world of endless possibilities.

Wendy Lee Jaques is a certified health and wellness life coach devoted to helping you achieve superior health, happiness and endless possibilities. Wendy works with her clients to clarify their goals, align those goals with their values and thrive.

Working together to help make you your very best self and reach the next level in your life through nutrition and lifestyle modifications is Wendy's coaching philosophy

Wendy has taken a holistic approach to health and healing through nutrition and lifestyle for the past 20 years. As a model for over 20 years, Wendy eats a healthy, nutrient dense diet and exercises to keep her body looking and feeling its best.



A health crisis in her early thirties led her on a journey that expanded her ideas about health. Her health issues could not be successfully addressed by mainstream practitioners, but after working with an Integrative medicine physician and simplifying her life, she found the support she needed for healing.

“

I want to empower you to discover what you need to be your best self.”

Wendy Lee Jaques

This journey led her to pursue a coaching career to lead others to the health, healing and happiness she found for herself. Wendy studied at the Institute for Integrative Nutrition, where she learned a variety of dietary theories and transformative lifestyle coaching methods. As a trained chef, she uses her skills to show her clients that being healthy does not have to be hard.

“My education and experience in these areas give me a unique platform as a coach,” says Wendy. “I bring a lot to the table and have a wide range of tools to choose from to customize wellness goals for each of my clients.”

Wendy recently published her first book: *Serenity Theft: Twelve Simple Ways to Stop Stress and Restore Calm*. Her customized coaching programs integrate key elements from her book

“I’m here to be your guide on the side,” says Wendy, “a personal trainer for your life. I want to

empower you to discover what you need to be your best self.”

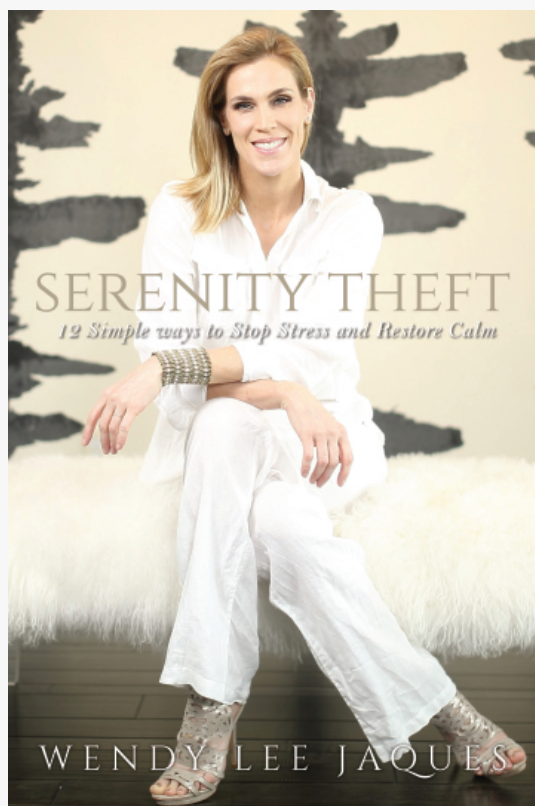
CUTV News Radio will feature Wendy Lee Jaques in an interview with Doug Llewelyn on February 27th at 12pm EST.

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

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

For more information on Coach Wendy Lee, visit <http://www.coachwendylee.com>

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