

Jane Durst-Pulkys of Creative Health For Life to be Featured on CUTV News Radio

TORONTO, ONTARIO, CANADA, May 24, 2017 /EINPresswire.com/ -- We all need to realize that we are the most important person in our life and we need to take care of ourselves physically, mentally, emotionally to live the life we hope to live.

Jane Durst-Pulkys is a nutritionist, energy medicine practitioner and the author of *The Book on Confidence: How to Stand Tall on the Inside*.

“It’s a great easy book to help get people out of their rut and regain their power,” says Jane. “It helps them see the language they’re speaking to themselves.”

The *Book on Confidence* represents a culmination of a lifetime of work in holistic health. Jane is the founder of Creative Health For Life, where she integrates body, mind and spirit to motivate, educate and inspire her clients to get as healthy as they possibly can.



“My personal agenda in life is to make people feel good inside and out.” says Jane.

One of nine children, Jane became fascinated with healthy eating from an early age. She studied nutrition in school but soon realized her interest was more holistic than clinical.

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“Throughout all this I was having my own personal struggle,” recalls Jane. “I lacked confidence and self-esteem and I noticed the same thing in my clients. People reach out for help when they are suffering emotionally and they want that connection and support. I started to really take a deep interest

in my clients.”

Jane found her clients were carrying emotional baggage that was preventing them from improving their health. She read every book she possibly could about how psychology affects biology, eventually leading to her discovery of psychosomatic energetic medicine, a method to detect and remove energy blocks in the body.

“I wanted someone to help me,” says Jane. “I knew I had to heal the healer before I could help other

people. Through this process. I healed myself.”

CUTV News Radio will feature Jane Durst-Pulkys in an interview with Doug Llewelyn on May 26th at 1pm EDT.

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

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



For more information, visit <http://www.creativehealth.ca>

The Book on Confidence: How to Stand Tall on the Inside is available now on [Amazon](#).

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