



# Denise Taddeo of The Glitter Cookie, LLC to be Featured on CUTV News Radio

FLORHAM PARK, NEW JERSEY, UNITED STATES, October 6, 2017 /EINPresswire.com/ -- Healthy is personal to each person. It's not just what you eat and drink. It's your entire life. To be truly healthy means that after all the challenges life throws your way, you're still smiling.

Denise Taddeo is the founder of The Glitter Cookie, LLC, an integrated health coaching practice offering a uniquely structured health coaching and wellness counseling program that is individualized for each client. Denise empowers her clients to take responsibility for their own health and wellbeing by encouraging them to implement and sustain lifestyle and behavior changes that will contribute to the achievement of their personal wellness goals.

"It's about staying healthy and out of doctor's offices and away from the junk that they overprescribe," says Denise.

"That's why we're called integrated health coaches: you have to look at your career, spirituality, relationships and, most importantly, your relationship with yourself. You are a unique human being that was created."

Denise holds a master's degree in mental health counseling. Working in the field and teaching psychology for 14 years, she says she knew there had to be more to health than taking medication.

"I ran some groups on nutrition in the hospital," recalls Denise. "I was working with people who suffered from all different brain injuries and I became fascinated by the effects of nutrition on their recovery process."

Nutrition became a hobby. In 2012, she became ill with pneumonia and a double ear infection. Allergic to just about every antibiotic, she spiraled and spiraled until her organs started to shut down. Placed in a medically-induced coma, she woke in only a couple of days because she had been taking care of herself through nutrition and exercise.

Today, Denise is trained not only dietary theory, but also works with bio individuality and caters wellness coaching to each specific person's body type, blood type, and their overall organic body. With a background in neuropsychology, Denise can help you in a more natural and healthy way through her unique 6-month Health Coaching and Wellness Program. Denise develops a program tailored specifically to you that includes nutrition, exercise, spiritual counseling, family and relationship issues.

"Your biggest relationship is with yourself," says Denise. "That's what I want to get people to realize: you need to be comfortable with yourself first otherwise people won't be comfortable around you."

CUTV News Radio will feature Denise Taddeo in an interview with Jim Masters on October 10th at 3pm EDT.

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

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

For more information on The Glitter Cookie LLC, visit <http://www.TheGlitterCookie.com>

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