

Kerry Fleckenstein of Steeped in Health to be Featured on CUTV News Radio

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[/EINPresswire.com/](http://EINPresswire.com/) -- Just the simple process of making a cup of tea is a mindfulness practice and an effective means of stress management.: you have to wait for the water to boil; you have to steep the tea bag intently to make the right amount of tea. It's not only relaxing and mindful, when it's all done, you're going to have a cup of something healing.

Kerry Fleckenstein is a holistic nutrition coach and founder of Steeped in Health, a holistic healing practice dedicated to helping people overcome stress-related chronic illnesses. Kerry's holistic approach includes herbal medicine, essential oils, spiritual healing, but her practice gets its name from her unbridled enthusiasm for tea: the oldest healing medicine in the world.



"I know everything there is to know about tea," Kerry boasts. "We offer our clients some really good medicinal-level teas to help relieve stress and anxiety, boost our immune system and improve our digestion."

Kerry's approach combines gerontology and nutrition, which she considered the foundation of good health.

"Our emotional state and physical health go together. Both start with nutrition," says Kerry. "You need a healthy body to live a healthy life. You need to live a healthy life to have a healthy body. Nutrition is the stepping stone to all the work we will do. If your digestion improves, your weight goes down, automatically your mood gets better. I'm passionate about good health and I think we all need to be nutritionally sound."

Kerry will review your health history, identify the root cause of any ailments, and design an individualized prevention or recovery program. This program is highly customizable and provides a variety of solutions to chronic illness, including preventative care for aging health, autoimmune disease, nutritional counseling and food sensitivities.

"I care about my clients so much and I know where they're coming from," says Kerry. "When you've

been in their shoes, you tend to be a better healer. I wind up working with people who I have a very good connection with because we've walked the same path.

“Everything that I ask them to do, they trust me because I've done it,” says Kerry. “I get you. I've been you. I've been in your shoes. I've walked along your path and I promise you, from the bottom of my heart, you can get where you want to go if we work together.”

CUTV News Radio will feature Kerry Fleckenstein in an interview with Jim Masters on March 20th 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 Steeped in Health, visit <http://www.kerryfleckenstein.com/>

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