

Healer and Speaker Barbara Steingas to be Featured on CUTV News Radio

HIGH BRIDGE, NEW JERSEY, UNITED STATES, December 4, 2018 /EINPresswire.com/ -- We're all meant to be the hero or heroine of our story. Too often we believe we are the victim of our circumstances, but that's just part of the journey. We're going to be presented with challenges. How we get through it is what makes the difference. We can rise above and become better and stronger and even give back, we just need the right tools to do it.

Barbara Steingas is an inspirational and award-winning author, speaker, coach, and healer. A physical therapist for over 30 years, Barbara combines her skills to teach people how to be independent and better care for themselves.

"I've always loved to help people. That's why I became a physical therapist," says Barbara. "If I can help other people through suffering, it makes it worthwhile that I had to go through suffering."



For the majority of her life Barbara has suffered from Crohn's Disease, a chronic condition related to severe inflammation of the digestive tract. For those who suffer from Crohn's, the symptoms can be completely debilitating, disrupting every facet of your life.

"I was diagnosed just out of college," recalls Barbara. "I followed the traditional route of the medications. Eventually, they wanted to shut off my immune system, saying it's overactive, but leaving me vulnerable to a deadly case of pneumonia. I started thinking, this doesn't make any sense. What happened to balance and health? Why are we shutting off something that is so vital and necessary to life? I started thinking of it like a puzzle. It was like a perfect storm of pieces that came together for me to get sick. Wouldn't the same be true to get me better? And all I have to do is find my pieces and then it seemed like it could be resolved, like putting Humpty Dumpty back together again."

And so Barbara set out to find her pieces on her self-improvement journey, combining the work of Dr. Robert Atkins at his Center for Complementary Medicine in New York City with inspiration gleaned from Louise Hay, Tony Robbins and Deepak Chopra, among others, to gather as much information as she could to solve her puzzle.

"I guess this was my mission and purpose," says Barbara. "I didn't have any road map to go by because I didn't know anybody that had healed themselves from Crohn's. I just had this belief that it was possible.

There were times I didn't want to live anymore. I begged God to take me when I was so sick. We need to nourish ourselves physically, mentally, emotionally, and spiritually, because we have to address all four quadrants in order to heal from anything. It can't be one-sided. It has to be all come together to make us whole."

"I'm proud that I was able to rise above. People say, 'I don't know how you did that. I could never do that.' But you don't know what you can do or don't do until you're faced with it. I'm proud I can show people this is possible."

CUTV News Radio will feature Barbara Steingas in an interview with Jim Masters on December 6th at 4pm EST and with Doug Llewelyn on December 13th at 4pm EST.

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

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

For more information on Barbara Steingas, visit www.barbarasteingas.com

Lou Ceparano
CUTV News
(631) 850-3314

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