

Sharon Young of Heart of Health Wellness Center to be Featured on CUTV News Radio

SEYMOUR, MISSOURI, UNITED STATES, November 1, 2017 /EINPresswire.com/ -- The spirit is willing, but most of us don't seem to know how to get past our stress to find the motivation to change our habits, change our food choices, and make time for exercise.

We've become too passive. We don't consider our health until we sense there is a problem. We don't take proactive steps to stay healthy. Unfortunately, most of us jump at aggressive treatment choosing chemical drugs and surgery before trying natural remedies that are outcome-based and scientifically proven.

There exists a perception that traditional medicine and natural medicine are in conflict, when in fact they can complement each other. If we're not in the hospital or under a physician's care, we should be engaging someone who empowers us to be mindful of our health at all times.

Sharon Young is the founder of Heart of Health Wellness Center where she helps bridge the gap between natural and western medicine.

"I love to motivate people, to see the light bulb come on," says Sharon. "I'm not just a health coach. I'm a life coach because it all goes back to our life choices. If we choose good behavior, we will enjoy good outcomes."

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Sharon Young

A registered nurse with a master's in nursing education, Sharon was inspired to establish the Heart of Health Wellness Center following struggles with her own health.

"I made up my mind I was going to open a wellness center and work toward empowering people to improve their health, to give them a better quality of life," says Sharon.

Sharon says it's amazing what you can do to improve your health. The body will heal itself if we give it the tools to do so.

"Nutrition is your foundation. Exercise is also important. Stress-reduction high on that list," says



Sharon. "It's not just our actions, it's our reactions. For everyone, life happens, it's how we choose to react to life's circumstances that dictate health or disease."

CUTV News Radio will feature Sharon Young in an interview with Jim Masters on November 3rd and November 10th at 1pm EDT.

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

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

For more information on Heart of Health Wellness Center, visit <https://www.mydoterra.com/heartofhealth/#/>

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