

Mildred Yarborough of Art of Healing to be Featured on CUTV News Radio

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/EINPresswire.com/ -- Mildred Yarborough is a Board Certified Holistic Health Practitioner offering health coaching for prevention and stress management and support for those dealing with weight management, diabetes, cardiovascular conditions.

"I know that it takes more than just sitting in the doctor's office for 10 or 15 minutes to get well," says Yarborough. "It takes your whole mind, body, and spirit to get on the road to wellness."

Yarborough has been helping people for 26 years, initially as a relationship and spiritual counselor. In the course of working with her clients, she came to discover that health was always the missing piece of the puzzle.



"If you want to live a long life, you need to live a healthy life in healthy environments," says Yarborough. "But the main cause of your body being out of balance is a lack of faith in yourself. You've got to believe, you've got to have faith, even if it's just faith in yourself. We need to help the mind, the body and the spirit. Spirituality is where you begin."

Step two, says Yarborough, is physical activity.

"Some people can't go to a gym. Some people don't even like a gym," says Yarborough. "If they just walk around the building or find some steps to go up and down, that helps the heart out a lot. I don't really suggest exercise to people; I suggest physical activity. It could be walking. It could be yoga. I love yoga."

Which brings us to step three: a healthy diet. This is usually where people run into the most trouble.

"We don't eat the right foods," says Yarborough. "We eat foods with too much salt, sugar and fat. There's nothing wrong with eating until you're full, but you don't need to add so much sugar. As long as you cut down on certain items like salt, sugar and fats, you'll stay healthy."

Yarborough says her clients enjoy working with her because she makes the process fun. More

importantly, however, she gives her clients the time to understand what they're going through, why they're going through it.

"It makes me feel good to see somebody else feeling good."

CUTV News Radio will feature Mildred Yarborough in an interview with Doug Llewelyn on April 18th at 3pm EDT.

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

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

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