

Kristen Coffield, The Power of Hydration in Unlocking Wellness- Episode 330

In this Episode:

- Unlock the secrets of self-care and hydration from Kristen's decade-long battle, guiding you towards taking charge of your well-being.
- Discover why it's never too late to rejuvenate your body, with insights into restoration, repair, and healing techniques.
- Explore the myriad benefits of proper hydration, including boosted overall health, heightened energy levels, improved sleep quality, and optimized detoxification processes.
- Navigate the unique health challenges women face, such as thyroid issues, and learn the importance of advocating for proper diagnosis and treatment despite medical dismissiveness.
- Understand why prioritizing well-being over appearance is paramount, and uncover how mastering hydration can serve as the catalyst for embarking on a healthier lifestyle journey.

Notable Quotes:

“It takes two weeks to become properly hydrated.”

“Your body always wants to go back to homeostasis.”

“When you put the wellness first, the being well, the feeling well, the understanding how your body works, the other things fall into place more easily and in a much bigger and better way.”

“All your habits today add up to your health and wellness tomorrow.”

Pearls of Wisdom:

1. You're never too old for anything.
2. If you believe in it, it can happen.
3. Hydrate your way through the rest of your life.

Resources:

Kristen Coffield is the founder of The Culinary Cure. She simplifies wellness into achievable daily practices, helping individuals create a lasting health span. Kristen is also the author of "How Healthy People Eat: An Eater's Guide To Healthy Habits" and offers foundational training through her 21-Day Wellness Reset program. Additionally, she provides concierge coaching for highly motivated individuals. Kristen is a regular contributor to various publications and media outlets, including The Georgetown Dish, The Pro Age Woman, and the Frankie Boyer Radio Show. You can find Kristen's articles, videos, and recipes at The Culinary Cure website.

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YouTube: <https://www.youtube.com/channel/UC0cGHFY9U2PQ24u60WPomuw>

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