

A Bright Light for the Future of Health Care

Our current “health care” system is broken. In fact, it might be more accurate to call it our “disease management” or “sick-care system.” It rarely offers true healing to anyone. But what if it doesn’t have to be that way? What if we could reimagine and create something better? What if we could create a TRUE health-care system aimed at:

- Maintaining vibrant health
- Preventing chronic diseases
- Offering the multifaceted support needed for genuine healing to occur
- Honoring the bio-individual needs of each and every person?

I believe we are beginning to see a shift in this direction. Many doctors are rethinking the way they care for their patients. They are looking to address their needs in a more personalized, in-depth fashion. Additionally, thousands of certified health coaches are being trained every year. These coaches have the potential to provide a solution to many of the problems within our current system.

Health coaching is relatively new to the health-and-wellness scene. It is already proving to be one of the most effective tools for helping people recover and maintain their health. Health coaches can relieve much of the burden placed upon doctors and improve health outcomes for patients, providing a win-win situation for everyone involved.

Not only that, health coaches can provide unparalleled support, guidance, and accountability to patients. They can spend more time with individuals, getting to know their unique needs and challenges. They can help people cut through all of the confusion and conflicting



opinions they face. They can flesh out and interpret doctors’ recommendations and help patients understand how to implement them in a step-by-step fashion. Health coaches can also help patients advocate for themselves and connect patients to the people and resources they need along the way.

So, what makes health coaches unique and places them in a position to transform healthcare as we know it? Health coaches:

- Always strive to create a safe, loving space for people to open up in. This helps them feel heard and understood.
- View themselves as guides and collaborators.
- Listen deeply and ask good questions to help people get to the deepest roots of their physical symptoms.
- Believe in and honor bio-individuality—no two people are the same!
- Help each person discover what foods and lifestyle habits work best for their unique needs.
- Walk people, step-by-step, through the process of making their new habits stick long-term.
- Understand that everything from your food to your thoughts is energy and information.

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- Realize that everything is interconnected. Imbalance in one area will eventually surface as an imbalance somewhere else.
- Trust that the body will heal itself, given half a chance.
- Believe that everyone holds the innate wisdom and answers they need within.
- Aim to help their clients stay focused in a positive direction and celebrate progress over perfection.

I believe that health coaches need to become an integral part of the health-care world. They are one of the missing pieces to the puzzle. They can help people prevent and reverse chronic diseases in sustainable, affordable, and accessible ways. Utilized correctly, health coaches can help doctors, chiropractors, and holistic-health practitioners substantially improve long-term patient outcomes. Health coaches can help people understand that their genes are not their destiny. They can help them shift the way they eat, drink, breathe, move, sleep, think, and react to stress in ways that trans-

form their health.

In short, I believe that health coaches are a bright light for the future of health care. As doctors and patients become aware of the benefits and support they can receive from health coaches, a whole new paradigm and standard of care has the potential to emerge! ■

BETHEL WAGNER offers a variety of dietary theories and practical-lifestyle-coaching methods. She helps exhausted moms with hypothyroidism increase their energy, boost their mood and release weight. She is offering her **Thriving Thyroid Course**, as well as a **28-Day Thyroid, Metabolism & Energy Jumpstart**. Call Bethel for details and registration.



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