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Healthy eating made attainable

by: YourHub.com

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1 | 2 | 3 next > last >>

Attainable Nutrition
Address: Home-based in Parker
Hours: By appointment
Founded: 2008
Contact: attainablenutrition.com or 303-618-7899
Employees: 1



Provided by: Erin Feese

Interview with Darci Steiner, nutritionist/owner

Q: How did you get involved in this business?

A: Ten years ago, I got very sick and almost died following a severe fall down the stairs in our home. I suffered from fibromyalgia, food allergies and restless leg syndrome. I also wasn't exercising or eating right. I became bedridden for two years and developed Reflex Sympathetic Dystrophy (a severe nerve pain disorder), osteopenia, malnutrition, severe depression, extreme weight loss and full body muscle wasting. I couldn't walk and felt a prisoner in my own bedroom. Prior to my fall, I had taken an interest in nutrition and had some nutrition books that I started implementing ideas from. Gradually, I made improvements and was able to graduate to a wheelchair. During the next three years, I continued to study and change my diet, as well as participate in a warm water pool therapy program. Doctors were astonished because they weren't expecting me to get better, medicating me to help me cope. Today, I feel very little pain and can walk normally. Most people would never guess I was so debilitated. Good food saved my life. This is why I am a nutritionist.

Q: What distinguishes you from other businesses in your category?

A: Personally experiencing so many health issues has given me a deeper understanding of what it is like to be sick. I have deep compassion for my clients knowing firsthand the desperation they feel. My own recovery gives people hope. Good nutrition can help make you better and help keep you from developing a lot of diseases in the first place.

Q: What do you like best about your line of work?

A: Helping people feel better, and feel better about themselves.

Q: What is your business' biggest challenge?

A: It's difficult to express to generally healthy people the importance of getting into a nutrition program while they are healthy. Most people think they eat a pretty healthy diet, yet two-thirds of us are overweight and are developing heart disease and cancer. It's better to make an investment in prevention than to spend a lot of money when you're sick trying to fix what may have been preventable. As Edward Stanley puts it, "Those who think they have no time for healthy eating will sooner or later have to find time for illness."

Q: Something people might be surprised to learn about you or your business:

A: We offer a wide range of services including: disease management/prevention, weight loss, "The Edge" teen sports program, "Healthy Kids" interactive classes, allergy assistance and shop-with-you service, pain/stress management and cancer recovery diets. We also publish a free monthly newsletter called "Chew On This" with articles, recipes, athlete tips and activities for the kids. You can subscribe at www.attainablenutrition.com.

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