

Kevin Daugherty

Greater Life Health Coaching

Success Magazine: Kevin, what is the mission of Greater Life Health Coaching?

Kevin Daugherty: My mission is to provide service and support for busy people to lose weight and gain health. I am fully dedicated to the health and happiness of others so they can achieve the best life ever.

SM: What is your background? What did you study and how did you wind up on this path?

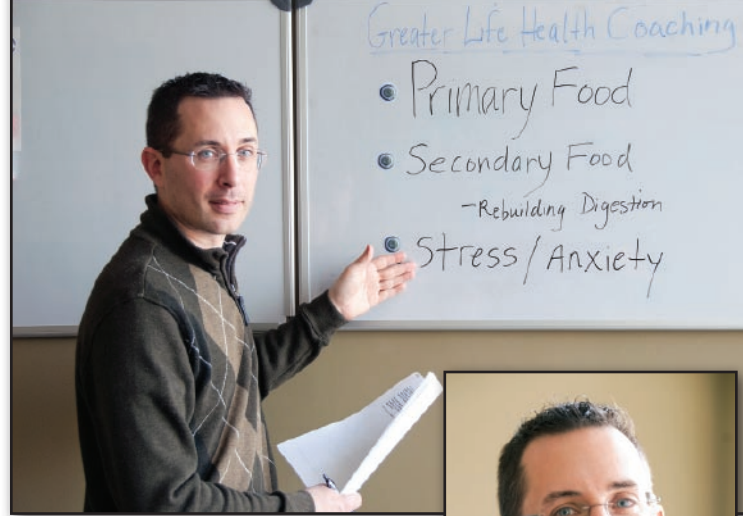
KD: I was working in the construction industry and very unhappy with the direction I was going in life. I knew what I was doing was not aligned with my true purpose on Earth, but I just couldn't put my finger on what I was meant to do. I was depressed, over-weight, beat up, and run-down. Something had to change and that something had to be me. I had to do two things and I needed to do them quickly. I needed to change how I ate and I needed to change the way I thought. If I kept down that sad path I knew I would be wasting my life, so I dove into every bit of motivational, inspirational, and nutritional information I could get my hands on and turned my life upside down. I could hardly believe the results; I had dropped over thirty pounds and reached a state of clarity and energy that I hadn't experienced in many years. It was

amazing. With this new state of rejuvenation and vibrancy, I began noticing how many over-weight, stressed out, and tired people were around me. I knew right then and there what my purpose in life was. I needed to provide the service and support to help people achieve a better quality life through health and nutrition. I found a school in Manhattan that was on the cutting-edge of nutrition and health coaching called The Institute for Integrative Nutrition. They taught me over 100 dietary theories; I got to learn from world-class speakers; learned nutritional science, modern health issues, and so much more. I signed up and experienced the most life changing education I could have ever asked for, which resulted in being certified through the American Association of Drugless Practitioners (AADP) as well as becoming a certified holistic health coach (HHC).

SM: What advice would you give readers looking to make a change in their lives?

KD: You don't have to struggle to make changes by yourself. The best success comes with help. An Olympic athlete

uses a coach to set things up, keep them on track and to do the fine tune adjustments to propel them to gold. Anyone who achieves anything great has someone there lending a helping hand. So are you ready? Have you struggled enough? Are you sick and tired of being sick and tired? Do you want to be happy when you look in the mirror and stop feeling like you're being judged by others? Are digestive problems causing pain and discomfort? Are you low on energy, having afternoon crashes, or feel you need caffeine or sugar to pick you back up? Is type 2 diabetes or another disease inconveniencing your life? Health and wellness is a choice and YOU have to be the one to choose it ... but you don't have to go at it alone.



The advertisement features a large photograph of Kevin Daugherty in a grocery store, smiling and pointing towards a display of produce. He is holding a small basket of green leafy vegetables. The background is a vibrant red. To the right of the photo is the Greater Life Health Coaching logo, which consists of two stylized human figures holding hands, with the text 'Greater Life Health Coaching' and the tagline 'Building the bridge to where you want to be' below it. Below the logo, the text 'Weight Loss, Health and Nutrition, Digestion, Stress and Anxiety, Disease Management, Cravings and Habits' is written in a serif font.

Kevin Daugherty

www.greaterlifehealth.com

ph: 518-879-1078