



Southern California Gluten/Allergen/Toxin Expert Linda Crawford Rolls Out One Day VIP Fast~Start Program

Linda Crawford offers a hands-on experience to learn how to shop, cook, eat, and live gluten-allergen-toxin free to reverse food allergies that will change habits to develop a healthier, active lifestyle.

Fountain Valley, CA January 10, 2013 – The search for healthy living and eating is at an all-time high. People are looking to lead healthier lifestyles and live longer while still being able to live productively in a fast paced society. Linda Crawford, founder of Lifestyle Changes 2 Health, is a health coach who is an expert in gluten free eating, managing food allergies and avoiding toxic home-skin-hair care products. She has recently expanded her services to include an all-in-one-day program that helps clients understand the mechanics of reversing gluten-food allergen-toxin symptoms. This four hour VIP Fast Start Program is a hands-on experience directly with Linda.

During this four hour program, Linda takes her clients to a local health food store, for a customized tour to learn about allergic ingredients in foods, herbicides, non-GMO foods, supplements, skin-hair care, and non-toxic household products to use. Crawford explains what clients should incorporate as well as avoid in order to reduce symptoms, soothe inflammation and heal the body from the inside out. The program is designed for clients to participate and gain first-hand knowledge while having a hands-on experience in learning how to make changes that often provide a noticeable improvement in symptoms, health, stress and weight loss.

“Having a strategic plan that works for both a personal and work schedule is a key element in getting started. People know they need to make changes, but don’t know what steps to take next,” states Linda. “The missing link is a support system to guide and provide encouragement throughout the process which can be overwhelming without help. That is where I provide value as a health coach. I have faced my own challenges with gluten, food allergens and toxins for the last nine years.”

People whose bodies cannot digest gluten, a protein found in wheat, rye and barley are prone to a triggered immune system that attacks the lining of the small intestine, causing diarrhea, bloating, brain fog and abdominal pain as some of the known symptoms. Unfortunately, the diagnosis is often elusive, and may be delayed for years. The good news is that people are taking a stance on their own by seeking the assistance of health coaches, like Linda, who will help them get their immune systems, eating habits, and lifestyles moving in the right direction again.

Individuals who want to get their eating and health habits under control with gluten free meal plans, reduce existing food allergies symptoms, and increase their energy levels can find more information about Linda Crawford's Fast Start VIP Day Program on her website at: www.LifeStyleChanges2Health.com

About Linda Crawford

Linda Crawford is a Southern California Gourmet Cook and a Gluten/Allergen/Toxin Specialist who offer coaching and consulting regarding gluten-free eating, food allergen symptoms relief and toxin reduction.

Linda received her Bachelors degree in Business and Nutrition and in 1995 started her first business as a Nutritional Counselor – educating clients about balancing meals, metabolism, and eating habits. She now offers tips on grocery shopping, reducing toxins in the body, home and skin-hair care. She works with clients to understand ingredient labeling, kitchen-pantry clearing and setup. She conducts home cooking classes and menu planning to help her clients uncover those disguised sugar and carbs in everyday products consumed.

For more information on her home cooking classes and personal chef home parties, checkout her website at: www.PleasinThePalate.com. Linda is currently working on a **Gluten/Allergen-free** e-cookbook targeted to be released in 2014.