

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



EMPOWERMENT



Inner Mission: Journey to Wellness

Archives Available

October 30th 2014: I don't know what to eat anymore!

Have you heard about and tried so many diets in your lifetime you just don't know what to eat anymore. Well this has been my problem for years. I DON'T KNOW WHAT TO EAT ANYMORE! Join me as I chat with Nola Childs, a nutritional coach, social worker, addictions counselor, hypnotherapist, and as a certified natural health professional and soon to be a doctor of natural health, on the topic of nutritional wellness. Nola will share her philosophy on what to eat and what it means to be well through our diet. Integrating her personal history, experiences, trainings and perspective, Nola will als

[Read more](#)

DOWNLOAD PDF

GET CODE

Tune in

Archives Available on
VoiceAmerica 7th Wave
Channel

EPISODE ON DEMAND

VIEW HOST PAGE

Featured Guest

Guest Image

Nola Childs

My name is Nola Childs. I grew up the oldest of five children in the Midwest, my father drove a truck and my mother was a housewife. We were vegetarians for a while eating no meat, but lots of dairy. We slowly began to eat beef, chicken, and fish later in my childhood.

[Read more](#)

Share This Episode

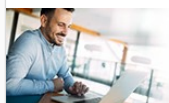
Share On Facebook

Share On Twitter

Share On LinkedIn

Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

VOICEAMERICA BLOG