



NUTRITIONISTS FOR THE NEW YEAR

Kimberly Lackey



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One of the top resolutions every year is healthier eating. These nutritionists were recommended to us by their peers and community, and can help find a plan that works for you in 2019.

“I recommend Kimberly Lackey of Empath Coaching because she is a walking poster child for self-healing through nutrition and other natural healing methods. While battling cancer and going through menopause at 25 years old, later facing life in a wheelchair, as well as going through a divorce, she continued to receive answers from medical and psychological professionals that simply didn’t feel right. After a lot of soul searching, Kimberly made a decision to be proactive in her health. Kimberly overcame cancer, arthritis and several other long-term ailments, as well as reset her mental outlook. Within this process, she came to understand her empath qualities, which validated that she had permission to take care of herself in ways that might look different from others around her. Once she was healthy enough to work post-cancer, Kimberly started teaching and became involved in the Leukemia and Lymphoma Society. Kimberly also had the opportunity to help numerous family members and friends navigate their own health challenges and apply what she had learned going through cancer and arthritis, to assist them in making health care decisions. This led her to launch Empath Coaching to work with others through coaching, nutritional counseling, motivational speaking and more.”