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events calendar

S	M	T	W	T	F	S
				10	11	12
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Audrey Fontaine offers nutritional counseling

BY ROBERT WALCH • FOR OFF 68 • JANUARY 28, 2011

Now that we are a month into the new year, many well-meaning individuals who were determined to make exercise and a healthier lifestyle one of their goals for 2011 may be wavering or faltering in their determination to achieve that end.

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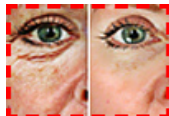
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That's where a person like Audrey Fontaine can be of help. A certified holistic health counselor, Fontaine coaches people and designs programs for individuals that help them radically improve their health through setting and accomplishing goals, understanding and reducing their cravings, exploring new foods and increasing their energy.

The Las Palmas Ranch resident doesn't necessarily expect clients to stop eating food they like, but she can show them, for example, how to make a pizza that is healthful and still tastes good.

"I'll take people into the kitchen and show them how to make a smoothie or utilize different ingredients to make a particular meal," she said. "I'm happy to take a look at what a person has on the shelf to identify what's healthy and a good choice and what's not."

As part of introducing an individual to what's available, Fontaine will also accompany the client to a local farmers market or grocery store. She'll discuss products, especially organically grown produce, and show how to make wise selections.

"My goal is to help people to reverse

situations like diabetes, heart disease and obesity by adopting good nutritional habits and getting their weight to where it should be," she said. "They'll not only feel better, but have increased energy, plus feel better about themselves."

Fontaine offers a six-month program that includes two one-hour sessions per month, handouts, food samples and self-care products, and a monthly newsletter.

The participant has a choice of either group seminars and classes or individual sessions that cover a variety of health-related topics. E-mail support is also provided between sessions.

"It's a holistic program that focuses on nutrition and physical activity as well as career,

relationships, spirituality and general satisfaction with one's lifestyle," she said. "The primary emphasis, though, is on nutrition."

Currently, Fontaine's clients range in age from 18 to 83. She also works with entire families as well as individuals who prefer to communicate solely via the Internet using Skype.



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Audrey Fontaine offers nutritional counseling. Her clients are between 18 and 83 years old. (ROBERT WALCH)

DETAILS

Contact Audrey Fontaine at Audrey@audreyfontaine.com or 831-521-8864.

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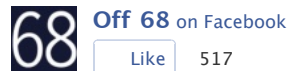
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As a way of raising individual awareness about the importance of good nutrition and educating people, Fontaine also conducts a workshop and film series for the public.

From April through March 2012, she will lead a free series of workshops from 6 to 7:30 p.m. on the second Monday of each month at the Monterey Public Library. Sponsored by the Monterey Bay Holistic Alliance, the series will cover a number of topics.

The April topic will be "Sugar Blues," followed by "Raw Foods for Health" in May. A sampling of other titles includes "Women's Wellness," "Extreme Self-Care," "Eating With the Seasons" and "Stress-Free Holidays."

Fontaine is also hosting a monthly film series at 6:30 p.m. the third Monday of each month at the Unitarian Universalist Church of the Monterey Peninsula at 490 Aguajito Road.

The series centers on issues surrounding food, including how it affects one's health, the environment, sustainability and politics. The featured topics include genetic engineering; how food is produced; the rising levels of diabetes, heart disease and cancer; and the obesity epidemic and lunch programs in schools.

After viewing the featured film of the evening, Fontaine will lead a 30-minute discussion. A suggested donation of \$5 is requested of those who participate.

The film for February is called "FRESH" and celebrates farmers and other individuals who are attempting to re-invent the country's food system.

Originally from Waterbury, Conn., Fontaine moved to the Central Coast about eight years ago. A certified massage therapist and personal trainer, Fontaine works at Bernardus Lodge as a massage therapist.

About a year and a half ago, she decided to open her own business as a holistic health counselor. Fontaine said she had studied nutrition on a personal level for more than 30 years. She also had noticed that a lot of people she encountered at various gyms weren't getting the results they wanted and she believed that there was a better way, perhaps, of achieving those goals.

At this point, Fontaine enrolled in a professional training program conducted by the Institute for Integrative Nutrition. She plans to add additional certification from the American Association of Drugless Practitioners.

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