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## HEALTH COACHING AS COMPLIMENT TO PHYSICIAN'S CARE

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### Physicians and Health Coaches: A Synergistic Partnership

One of the biggest issues for medical practitioners is finding enough time to get their patients' questions answered. Add to that, many of the patients' questions are legitimate, but do not fall under the purview of a medical doctor. **This includes and is not limited to lifestyle habits, stubborn weight gain, inflammation as it pertains to their medical problems and post-operative recovery, food addictions and cravings, preparing for surgery with optimal nutrition, what supplements to take and what to avoid, what and how to eat, emotional stress, how to exercise, resistance to compliance and more.**

This list is exactly what health coaches love to do and we are trained professionally in these areas. Including a health coach as part of your patient care team can help bridge the gap between your medical expertise, and the patient getting reliable holistic care for areas related to their medical problem.

As a physician, you can expect profound results for the issues you are asked to treat by partnering with a health coach. A health coach can hold your patients' hand in a way you cannot. A health coach can identify problems that stand between your patient and

getting the results she sought in working with you, her doctor.

### What can a Health Coach Do?

- Encourage patients to reveal their concerns regarding their medical issues. (Anxiety, self-doubt, fear, confusion)
- Help patients identify their health goals and concerns, and devise a plan for achieving them.
- Help patients get relief from excess weight and inflammation that compromise their response to medical treatments.
- Help patients have a lifestyle plan that includes nutrition, meals and snacks, adequate sleep, exercise and movement and stress reduction.
- Help patients to view their health holistically as it relates to their lifestyle choices. To help patients take responsibility for their bodies.
- Manage progress as it pertains to the medical condition being treated. To ensure that lifestyle choices are aligned with the medical treatment.
- Encourage goal setting, self-discovery and, accountability.



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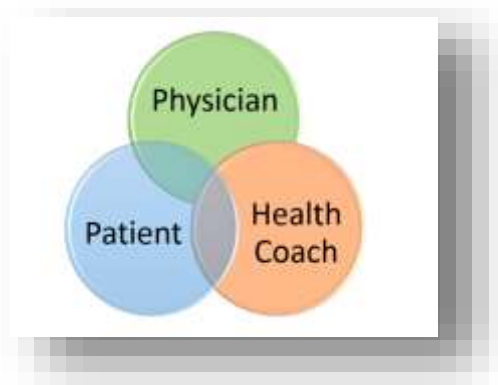
Board Certified Integrative Nutrition Health Coach  
Author, Speaker

[Contact me](#) to discuss how health coaching can help you and your patients get the best results. Sign up [here](#) to receive my free newsletter *It Pays to Be Healthy*. Join our Get Your Body to Love You Back online community on [Facebook](#).

Since 1973 my brand has been to help people live more successfully in their bodies. I saw clients and led groups as an Advanced Rolfer, Certified Rolf Movement Educator and certified yoga teacher for over thirty-five years. As a Board Certified Integrative Nutrition Health Coach, with well over 10,000 hours of training since 1999, I work with clients in groups and as individuals to address and resolve a variety of body-based goals and concerns. I am the author of *Feel Great, Lose Weight*, and *Health Matters*. I speak internationally, and maintain a practice in Foster City, California. I see my clients in person and, when non-local, via phone and video conferencing. I work on-site with corporations and executives.

Personally, I practice what I teach. I have been through many of the struggles that I see in my clients. Because I have left serious health issues in the past and because I enjoy perfect health and an athletic, low-stress, peace-filled, physically active lifestyle, I can encourage others to reach for the benefits of making healthy choices for themselves. We address these issues in my monthly talks, *Got Health?*

### Disclaimer



As a Health Coach, I do not diagnose, treat, prevent, or cure any disease or condition. Sessions with a Health Coach are not intended to substitute advice, treatment or diagnosis by a licensed medical professional. As a Health Coach my job is to work alongside of a physician, to be on the same page regarding a patient's medical concerns. I do not provide a second opinion or in any way interfere with the treatment plan as laid out by the physician. I do not alter the recommendations of the physician. My role is to partner with my clients, providing ongoing support and accountability, and to

create an action plan that supports and maintains the goals of the referring medical practitioner. Having occasional communication via phone or email with the referring physician is ideal to ensure maximum outcome for the patient.



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