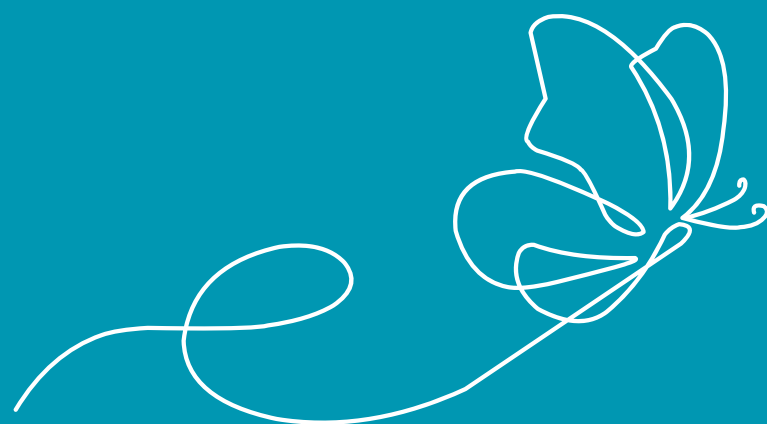


Health Coaching

with Linnea Offerman



August 2024
Newsletter



Linnea Offerman



RN, BSN, FMCHC, NBC-HWC

I have been a nurse for 17 years. Those years were spent at the bedside in hospitals with both adults and children, in case management helping to coordinate care amongst different specialties for the benefit of the patient, in leadership roles, and in public health as a school nurse. While nursing and caring for others I was obese. This haunted me. Why could I not figure this out? Why was I an unhealthy health care provider? It wasn't until I acknowledged the food I was eating was keeping me stuck. Modern food is laden with gums, emulsifiers, artificial and natural flavors, chemicals, sugar, sugar, and more sugar. All these "additives" are created in a lab to be highly palatable and addictive. Once I removed the Ultra Processed Food and all sugar and flour products from my diet, I experienced real life changing weight loss. With an influx of fiber into my diet, my gut revolted - in came Functional Medicine/Nutrition for my next added level of health.

Since this personal experience of health gain and weight loss, the desire to bring this knowledge and experience to my patients became overwhelming. Back to school I went to learn how to coach others through their own personal health goals. Now, as a Nurse AND Health Coach, I get the best of both worlds - taking care of our patients, providing education, directing, and coaching clients through behavioral changes for lasting lifestyle improvements.

More info on Linnea: <https://theteggatzclinic.com/linnea-offerman-rn-bsn/>

Health Coaching:

What is it and why do I need it?

When you see a Functional Medicine practitioner like Dr. Teggatz, and you receive recommendations for improving your health, it may be in the form of nutritional/dietary changes, exercise/movement, stress management, sleep habits, supplements, etc. Not as easy as "popping a pill." To get the actual health benefits from Functional Medicine - real lifestyle change is required. And that can be HARD! Having a health coach bridges that gap - the gap of knowing what to do...but not knowing how to put it to action and stick.

Your Health Coach will help you realize what your short term and long term health goals are, your big WHY - that reason for being here is, and how to implement new habits. Using accountability and support through a health coach creates positive changes and leads to met goals and changed health!

When you come see Linnea at The Teggatz Clinic for Health Coaching you will be met with understanding, acceptance, and honest accountability without judgement. We all have our own journeys, and YOUR health goals are what matter.

Read more on how health coaching can support you:

<https://theteggatzclinic.com/health-coaching/>

Linnæa's Asian Peanut Sauce

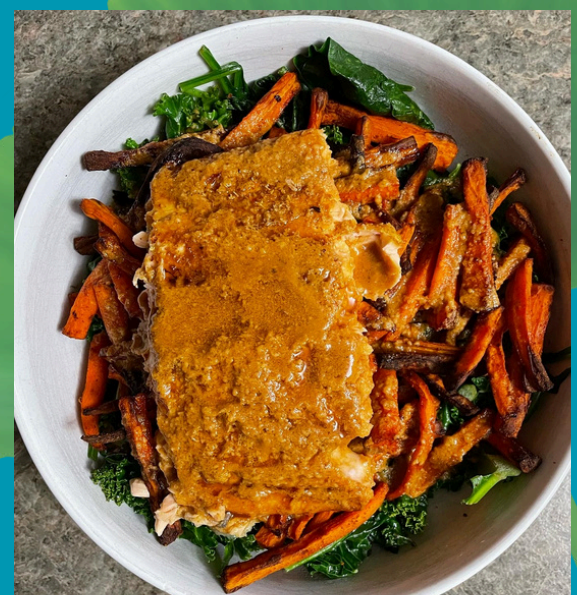
This Asian peanut sauce is simple and easy made from basic food found in your kitchen. Add it to salmon, chicken, tofu, salad, stir fry, roasted vegetables, or spaghetti squash for a punch of flavor! Be sure to find peanut butter with just TWO ingredients: peanuts and salt. Organic is a bonus as well! If you have a sensitive stomach or SIBO - leave out the garlic.

Ingredients:

- *1 Tbsp Peanut Butter*
- *2 Tbsp Tamari*
 - *(or soy sauce or liquid aminos)*
- *1 Tbsp Rice Vinegar*
- *½ tsp ground ginger*
- *½ tsp garlic powder*
- *½ - 1 tsp lime juice*
- *½ - 1 tsp hot sauce (if desired)*

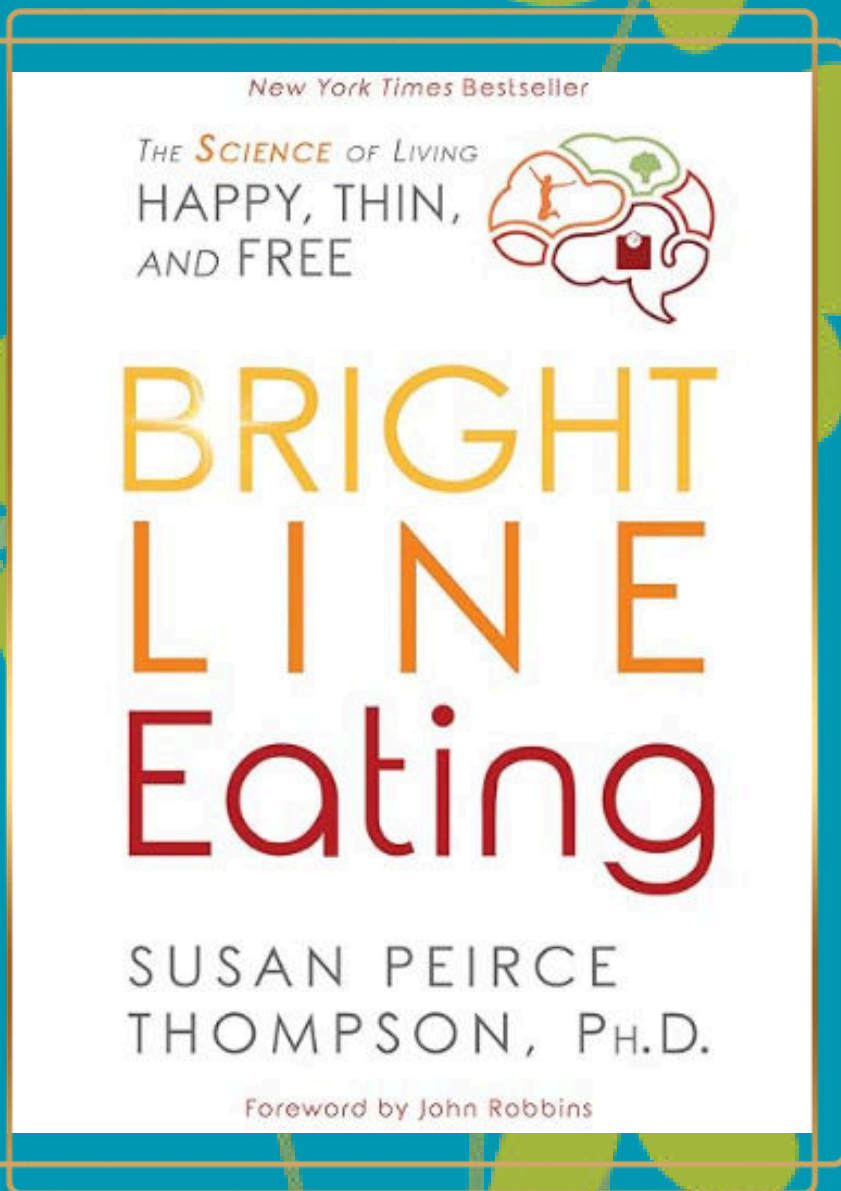
Mix/whisk together with a fork.

Makes one serving.



Resources I Love

“Through the lens of Susan’s own moving story, and those of her Bright Lifers, you’ll discover firsthand why traditional diet and exercise plans have failed in the past. You’ll also learn about the role addictive susceptibility plays in your personal weight-loss journey, where cravings come from, how to rewire your brain so they disappear, and more. Susan guides you through the phases of Bright Line Eating—from weight loss to maintenance and beyond—and offers a dynamic food plan that will work for anyone, whether you’re vegan, gluten-free, paleo, or none of the above.”



Link to purchase:

<https://theteggatzclinic.com/resources-we-love/>

Resources I Love



Natural Grocers is Linnea's go-to for healthy food shopping because they prioritize organic, non-GMO, and high-quality products. Their prices tend to be less than other well-known health food stores, and they can sometimes order certain produce if they don't have what you are looking for in stock!

A note to all current Tegatz Clinic patients:

We value your time and strive to provide the best care in a timely manner. In the last few weeks we have been experiencing many last minute cancellations, as well as late arrivals to appointments. To ensure that we can meet your needs and those of all our patients, it is essential that you arrive on time for your scheduled appointments.

Being punctual allows us to:

- 1. Provide Quality Care:** Arriving on time ensures that we can dedicate the full scheduled time to your care, allowing for thorough assessments, discussions, and treatment without feeling rushed.
- 2. Minimize Delays for Others:** When one patient is late, it can create a domino effect, causing delays for others. Respecting your appointment time helps us stay on schedule and provide timely care to all our patients.
- 3. Avoid Rescheduling:** If you arrive late, it may be necessary to reschedule your appointment to avoid disrupting the schedule for other patients. This could result in delayed care and inconvenience. **If you are more than ten minutes late, you may be subject to a late cancellation/reschedule charge.**

We understand that unforeseen circumstances can occasionally cause delays. **If you anticipate being late, please contact our office at 319-393-4307 as soon as possible to discuss your options.**

Thank you!