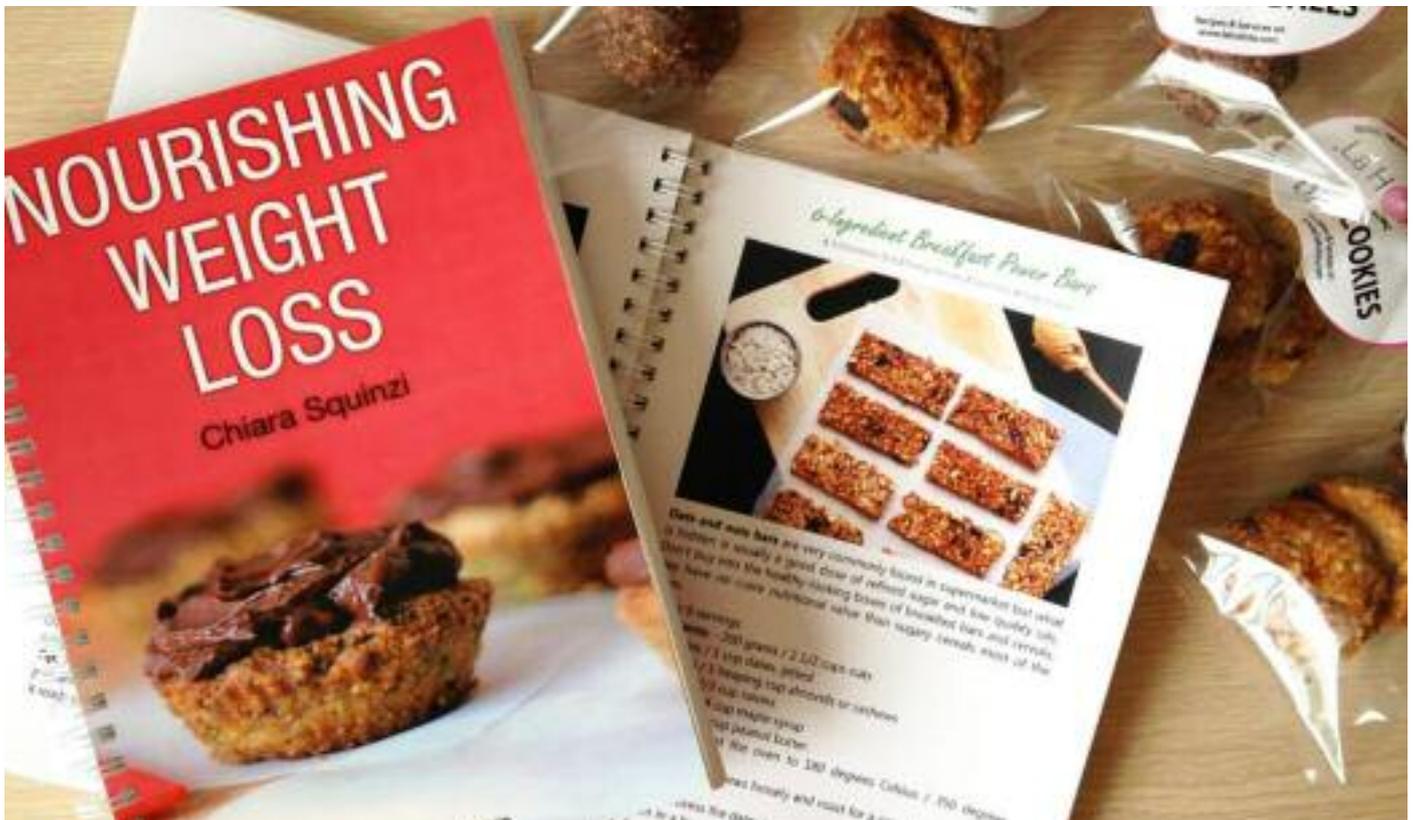


EXPERIENCE: WELLBEING



-Today we would like to introduce you to Ms Chiara Squinzi, a 30 year old Italian Health Coach that has been living in Asia since 2007. Chiara's passions are her job: living a healthy lifestyle by cooking delicious meals and practising sports. At the moment, her main focus is marathon running, however she has participated (and will continue to do so) in several triathlon competitions.

While living in Shanghai, she created a female only running group called Puxi Run, which is still ongoing, while in Saigon she provides health advice to the triathlon and beauty groups.

Chiara is the founder of La Holista, an holistic Health and Wellness company based in Saigon that helps individuals and companies to create a healthier lifestyle and reach their goals thanks to the support of a coach and nutrition expert. For individuals her focus is mainly on weight loss, sugar management, sport nutrition, nutrition for food allergies/intolerances, detox

and cooking demos, while for companies Chiara specialise on healthy snacks for better focus, group cooking classes, stress reduction and yoga for the office.

In her aim to help us to have a healthier life, Chiara has also successfully launched a line of low calories sugar/gluten/dairy/eggs/soy free snacks and meal replacement bars, as well as a 3 day detox home kit. She also collaborates with Human Medicine Clinic for people that have more serious issues, like hormone imbalances or chronic diseases.

Chiara is certified as Health Coach and Yoga teacher, and although she used to have a corporate job focus on money, she didn't enjoyed being in that industry and since she has turned into health and wellness, especially since she moved to Asia, getting certified was the best decision of her life.



According to Chiara, there is a lot of information about food that is hidden from the public big corporations who only look at profits, rather than at people's health; in fact even public bodies like the FDA and USDA, they don't always care if something can be harmful, with many of their regulations being made to protect the companies, and not the people.

"Just think about how organic farmers, that are actually doing something great for the environment and the people, have to spend lots of time and money to obtain certification, while those that poison us with pesticides, don't need anything. Isn't it strange?"

"Sugar, milk, meat and eggs, these products (just to name a few) have a huge impact on the environment, on world's poverty and on our health, but no one in the mainstream media talks about it. They are more interested in talking about futile things, like gossips.

The cruelty towards animals is growing exponentially and the planet is slowly dying, we ALL will pay the consequences of this very soon

unless we change the way we eat. By changing the way we eat, we can actively have an impact on the current situation".

Chiara's book, *Nourishing Weight Loss*, is a cruelty-free, plant-based nutrition plan, with more than 65 snack recipes and an exercise plan. The goal is to educate the readers to have a better diet avoiding animal products and focusing on snacks, that are always lacking in people's nutrition because it is difficult to find healthy ones.

These snacks are very easy to make, and super delicious and are made with ingredients that can be found in cities like Shanghai and Saigon, where the population still rely, thankfully, on simple, natural food. The benefits of this diet, are obviously weight loss and increased energy.

Talking a bout Vietnam where Chiara moved to over a year ago from China, she is loving it more every day. In fact her and her partner are settling very well and are thinking of having a house soon here.

“Vietnam was a bit of a surprise to be honest; my partner and I were really tired of Shanghai’s lifestyle and were thinking about moving, but as any mixed-country expat couple, it was difficult to plan the next move. So we decided we will give priority to his job and found a very good international school in which he could be a PE Teacher.

I wasn’t sure about it at the beginning, I had never visited Vietnam before, not to mention considering to move here, but it worked out great and we are now enjoying the fresh air, sunny days and lovely people”.

“My clients see me for all sorts of reasons, but ultimately is because they have been trying to reach their dream's health goals and failed alone. Having the support of a coach that helps them to set S.M.A.R.T. goals, keep them accountable and give them the correct knowledge they needed, is essential to make a difference.

The coaching approach is personal, there are not two people alike, so it is important to find

what works for them in particular. Some are busier, some want to become perfect from the first day, so having someone that can adapt the health approach to their lifestyle is very important.

A Health Coach will also follow the client between sessions and clarify all the information that can be found in the internet, which are NOT always reliable. Moreover, Health Coaches are also trained to pick up other lifestyle imbalances like exercise, career, relationships and spiritually and help balance them out.

Even a person with perfect diet and exercise routine but a disrupted social life / relationship, will not be happy. Ultimately, all my clients thanked me for making them happier; is it a nice little work perk, no?”



Tired of the same wines, same styles?
Try the new **Spanish** wines coming soon to you

 SAIGON NEGOCIANT

discoverspanishwine.com