

Karen Devine

Hi everyone, my name is Colleen Roberts and I am the creator and founder of www.colleenscoachingcorner.com.

Today I feel so blessed and privileged to be able to interview the creator and founder of Cleanse, glow and grow, her speciality being cellular detoxification/cleansing and digestive health and who has now joined our Niche Networkers Group. It's just amazing all the wonderful like minded people I am now meeting during and after completing my coach training throughout the world and with so many different niches.



Today this special interview is with:

Name: **Karen Devine from UK**

Business: Cleanse, glow and grow

Website: www.karendevine.co.uk



Hi Karen welcome to the call and how are you today?

I am very well thank you Colleen, just getting prepared for our colder English weather!!

What made you become involved in your chosen field, create your business and website? What is your story behind it?

I qualified as a nutritionist here in the UK almost 14 years ago, I was inspired by my daughters who had eczema, asthma and allergies. I saw a direct increase in their health issues when eating certain foods so I decided to study nutrition in general but soon understood the power in cellular detoxification/cleansing and digestive health which are my two strong disciplines.

Juice fasting has become a trend over the years but I find that most people are not grasping the concepts and using it as a quick fix for a weight loss or other quick pick-me-up or they use it as a get-out-of-jail card when they have been overindulging for a long period of time. There is a time to juice fast and there is a time NOT to!!

Karen Devine

Within my Nutritional work I also use other modalities such as EFT, meditation techniques and iridology.

I have been reading many spiritual and personal growth books over the years which I have had a personal interest in for years but as consciousness has shifted and there has been many people awaking to a larger part of themselves I found myself being able to being very open with people whom I could not even have imagined having a conversation with years ago on all things metaphysical and a little more 'out' there whereas for a number of years I felt that I would be called a bit of a witch if I dared talked about energy, vibrations or meditation!

When the film 'The Secret' went global suddenly I found myself talking a language that people could finally relate to, the internet was then flooded with coaches, teachers and the like.

It was then I found the ISCA and decided to train as a coach.

Who was your biggest inspiration and how did they influence you?

I have read probably every book and listened to many tapes by Wayne Dyer, he has been my inspiration in my personal life he has also lifted me (not that he knows this personally) when my life felt it had nothing but crumbs!!

I would also say my daughters as if it had not been their issues at an early time I probably would have taken health as many others do 'for granted'.

Describe your ideal clients, customers or how the information you have learnt can benefit your clients or other people?

My ideal clients are those who are at that crossroads in life or for those who are awakening. I am not a routine or regular nutritionist and the title almost categorises me which I am not comfortable with.

I have a deep knowledge of cleansing and understand that in a clean celled body and without the blockages we connect at a profound level. This is a point of change, a change in our consciousness and in our day to day lives and more recently people are drawn to my Cleanse, Glow and Grow programmes as they are seeking to remove old stagnant waste on a physical, mental, emotional and energetic level. Cleansing is a journey, at that journey takes time to be able to shed old ways of eating and to transition into an way of eating that sustains health , with intermittent juice fasting when the time is right, I know this is a powerful process to enable change at a very deep level.

Karen Devine

What challenges have you faced since creating your business?

Oh the internet and all its hidden gems!!! I am an incredibly fast and typing as I worked in a data entry company thousands of years ago but learning skills such as newsletters, websites and the like does bring my work to a stop on some days as I try to work out ways of organising my business and make it more fluidly.

What was your ultimate goal when you decided to open your business and has that goal changed?

When I first started as a nutritionist my goal was to help everybody and his dog, cat and budgie. But in the last few years I knew I had skills in digestion and cleansing and want to narrow down not only my skills but to ignite my passion and that passion is my subject of cleansing. When you are in the right place you feel it. I am now just finishing my Cleanse, Glow and Grow packages and it feels like I have put on those old pair of slippers you can never get rid of because they are just you!! And with that feeling you can only attract those who are ready to walk this journey too!!

Juice fasting is not right for everyone, what does cleansing mean to you?

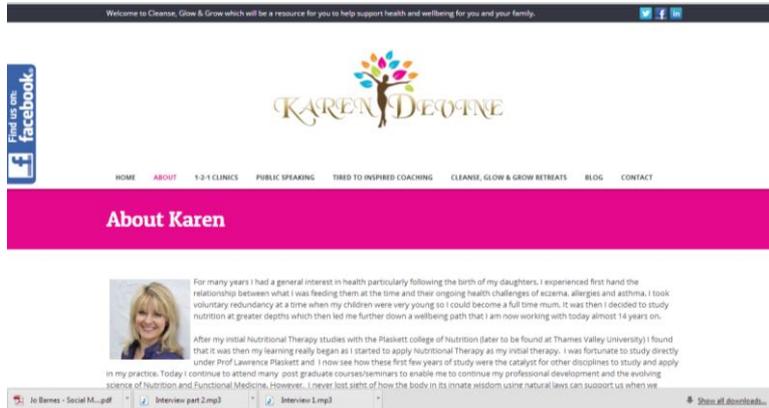
And finally Karen what are your achievements or do you have anything that you would like to promote?

I would like to promote my new cleanse, glow and grow programmes which are in the final stages, there will also be a new retreat venue in 2014 that will be posted on my website soon.

Karen Devine

That now brings us to the end of our interview with Karen today. Karen can be contacted through her website at:

www.karendevine.co.uk



So until next time, remember you don't have to do things by yourself - hire a life coach - we are in your corner each step of the way.

Thank you so much Karen. Have a fantastic and wonderful day!!

Colleen

Prosperity & Self Esteem Life Coach

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