As a holistic practitioner, Karen Donaldson is thrilled to be able to offer her clients techniques that not only help them lose weight, but find peace in many other areas of their lives. Her compassionate and non-judgmental approaches to women’s emotional eating issues have made her a highly sought-after practitioner.

As a certified personal trainer for over 20 years, Karen is also uniquely qualified to help women lose weight with the help of exercise. Knowing which type of exercise is needed to achieve specific goals – and how to have fun in the process – is key for successful body composition changes.

Karen met with coaches at the Idaho Small Business Development Center (SBDC) in Pocatello, and worked with student researchers from the Idaho State University College of Business to research markets, make plans for new products, and develop new marketing strategies. This coaching helped Karen get her food products into Whole Foods Stores and her new book, Beat the Belly Fat Blues: Mind-Body Solutions For Permanent Weight Loss on Amazon.com.