

# GENERAL PRESS RELEASE



## FOR IMMEDIATE RELEASE

### **Begin A Journey of Learning and Discovery**

Frederick, MD

Clark Consulting + Coaching, LLC announces new classes.

“After suffering from debilitating pain following a car accident, I discovered first hand how making a few explicit changes in what I ate really did make all the difference. Molecules are tiny and very powerful,” said clinical nutritionist Catharine Clark. “I’m looking forward to bringing the diets used in clinical trials to those who suffer with pain.”

The first class in Clark’s *What We Eat* series, “The Migraine Cure” is being offered through Frederick Community College’s (FCC) Institute for Learning in Retirement (ILR). The course number is ILR418. The class will focus on common foods and meal plans used to reduce chronic pain in recent clinical trials.

“We don’t usually think of what we eat as having an effect on our pain, but it does,” says Clark. Americans are in a lot of pain from headaches and migraines to arthritis, back and neck pain and other chronic pain. Pain is costly and impacts quality of life (see Table below). The class will show which dietary changes had the biggest effect on pain reduction, according to Clark.

“I hope a lot of people suffering from chronic pain will take the class and try some of the suggestions,” says Clark. “I’m living proof that it works!” The class is scheduled for May 25 and June 1 from 1:00 to 3:00pm. For those that can’t attend “The Migraine Cure”, Clark is offering a second class at FCC called “The Anti-inflammatory Diet (ILR419)”, which is scheduled on July 20 and July 27, from 1:00 to 3:00pm. Inflammation contributes to pain according to Clark.

Finally, for those looking for a lighter approach to learning, Clark is offering a Personal Enrichment course at FCC called “Recipe Repair for Non-cooks and Cooks (FIT142) on June 19<sup>th</sup> from 6:30-8:00pm. Registration for all three classes is through FCC.

Clark Consulting + Coaching, LLC is a Frederick, Maryland based company that provides Nutrition, Wellness and Change Management services to individuals, groups and companies. Catharine Clark translates cutting-edge research into clinical practice to provide effective public health interventions. To begin your journey of learning and self-discovery please call 804-397-9212. For more information on Clark Consulting + Coaching visit

<http://www.clarkconsultingandcoaching.com> or send an email to [Catharine@ClarkConsultingandCoaching.com](mailto:Catharine@ClarkConsultingandCoaching.com).

###

**CONTACT INFORMATION:**

FULL NAME: Catharine Clark  
 TITLE: Clinical Nutritionist  
 COMPANY: Clark Consulting + Coaching, LLC  
 PHONE: 804-397-9212  
 EMAIL: [catharine@clarkconsultingandcoaching.com](mailto:catharine@clarkconsultingandcoaching.com)

**Health Conditions of US Employees<sup>1</sup>**

	Prevalence Rank	Cost Rank	Cost / Year / Employee
Depression	6	1	\$360
Obesity	2	2	\$260
<b>Arthritis</b>	4	3	\$240
<b>Back / neck pain</b>	9	4	\$240
Anxiety	7	5	\$230
GERD <sup>2</sup>	5	6	\$215
Allergy	1	7	\$200
Other cancer	19	8	\$185
<b>Other chronic pain</b>	17	9	\$175
Hypertension	3	10	\$170
Asthma	8		
<b>Migraine</b>	10		
<i>Sleeping problem</i>	11		
Irritable bowel	12		
<i>Fatigue</i>	13		
<b>Headache</b>	14		
Diabetes	15		
Bladder / urinary	16		
Ulcer	18		
Coronary heart disease	20		
Osteoporosis	21		
Skin cancer	22		
Bronchitis / emphysema	23		
Congestive heart failure	24		
COPD <sup>3</sup>	25		

<sup>1</sup>The 25 most prevalent conditions in a large occupational medicine study are shown with the top 10 most costly conditions ranked in order. Costs include annual medical, pharmacy, absenteeism, and presenteeism costs. Loepke R, Taitel M, Haufler V et al (2009) Health and productivity as a business strategy: a multiemployer study. J Occup Environ Med 51, 411-428.

<sup>2</sup>GERD, Gastroesophageal Reflux Disease.

<sup>3</sup>COPD, Chronic Obstructive Pulmonary Disease.