

TFP STAFF NEWS

Patton to debut health column

By Autumn Lee

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Diana Patton, a certified holistic health counselor, will begin writing a column for Toledo Free Press discussing health issues. The column debuts this week.

Patton obtained training and certification at the Institute of Integrative Nutrition in New York City, which teaches dietary theories ranging from traditional to scientific, from east to west. Among the teaching staff at the institute, she often returns to conduct speaking engagements.

As the owner and operator of Toledo-based Equilibria LLC, which offers nutrition and life-coaching services, Patton also provides corporate workshops and women's retreats.

Through her column, Patton said she is interested in having people "understand how we can take responsibility for our own health. That includes finding ways to heal ourselves naturally."

More specifically, Patton said she wants to relate to women and parents in general about "our role to raise a generation that can live sustainable, happy and prosperous lives."

Some topics Patton will cover in her column will include child obesity, and the overall "obesity epidemic," political issues around nutrition, as well as "what we eat and think and how that impacts our health."

By addressing such issues, Patton said she wants to help people become informed by raising their level of awareness so that they can take action to live and eat healthily.

Prior to receiving her certification, Patton acquired her bachelor's degree in business and her juris doctorate degree from the University of Toledo, and has a license to practice law in Ohio. She has held director-level positions with Fortune 500 companies.

She said her career change occurred after being intrigued by a message given by Teresa Kay-Aba Kennedy, who discussed nutrition at a Black Enterprise conference in Dallas.

Patton said she felt in her heart she "wanted to do something huge," and the Institute of Integrative Nutrition "provided that avenue." Furthermore, she noted her brother's suicide in 1994 also affected her desire to want to make an impact.

Patton has joined the efforts of the American Heart Association as a "Go Red for Women" Ambassador and "Childhood Obesity Champion," the Greater Toledo United Way as the "African American Childhood Obesity Champion" and the Ben E. Williams Youth Services Organization.

She is also investigating opportunities to create a nonprofit organization called, F.I.T. (Families Feeling, Inspired Together.) In addition, she is writing a book titled "Inspiration in my Shoes."

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