

National Association of Distinguished Professionals Selects Sylvaine N. Hughson as a Distinguished Professional in Her Field

Ms. Hughson will be featured on the cover of the upcoming edition of the NADP's 'Women of Distinction' Magazine.

DENVER, CO, July 26, 2015 /24-7PressRelease/ -- Sylvaine N. Hughson, Executive Health & Lifestyle Coach and the Founder and Director of SNH International LLC, has been recognized as a Distinguished Professional in the health and wellness field through the National Association of Distinguished Professionals. Ms. Hughson will be featured on the cover of the upcoming edition of the NADP's 'Women of Distinction' Magazine.

While working for NBC News in New York City, a mentor and good friend of Sylvaine N. Hughson's became terminally ill with colon cancer. This event had a profound, life-changing effect on Ms. Hughson permanently altering her perspective on conventional health and wellness guidelines that most people follow. She realized there is not a one-size-fits-all solution. Driven to study with the best in their fields in the areas of Peak Performance and Optimized Living through less traditional methods, her life and professional career have changed completely.

As the Principal Coach and Consultant for SNH - The Art & Science of Optimized Living , Ms. Hughson now works with high-level executives helping them realize the fundamental role that health, wellness, and lifestyle play in achieving their personal and professional goals. As a certified Corporate Wellness Consultant, Corporate Wellness Provider, Holistic Health Coach, Master Transformational Coach, Raw Living Foods Health Educator, FirstLine Therapy Lifestyle Educator, Professional Life Coach, Yoga Instructor and Traditional Reiki Master, she creates customized diet, lifestyle, and detoxification protocols for executive clients, as well as designs corporate wellness programs and leads luxury wellness retreats. Presently, her clients are based primarily in New York, Denver, Paris, London, and Sydney.

"Watching my mother struggle with a sudden diagnosis of Stage IV Lung Cancer, and die from it a year later, has reinforced for me the power of what I do," Ms. Hughson said about her work. "Prevention is key and being intensely healthy is the secret to achieving everything that you desire."

SNH is dedicated to providing its exclusive clientele with the latest in Transformational Coaching and Holistic Wellness promoting Peak Performance, Personal Excellence, and Optimized Living . SNH's services include: Private, One-on-One Transformational Coaching Programs, Two-Day VIP Intensives, Small Group Coaching, Corporate Wellness Programs, and Luxury Wellness Retreats.

The former national level producer and field producer holds a BA in Liberal Arts from St. John's College in Annapolis, Maryland and is an active member of the National Association of Professional Women. Born and raised in Manhattan, New York, Ms. Hughson now lives in Denver, Colorado with her husband of six years. In her spare time she enjoys kickboxing, photography, yoga, dancing Argentinian Tango and Salsa.

For more information, visit www.sylvainehughson.com, email Ms. Hughson directly at, or call her office at 303-628-5587.