



**Women of Distinction Magazine Selects Sylvaine N. Hughson  
as a Distinguished Professional in Her Field and 2015 Top 10 Entrepreneur**

Denver, CO — 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 and selected as a 2015 Top 10 Entrepreneur through Women of Distinction Magazine. Ms. Hughson will be featured on the cover of the upcoming edition of Women of Distinction's 'Top 10 Entrepreneur' Magazine for 2015/2016.

A highly accomplished entrepreneur in the Executive Coaching and Consulting industry, Ms. Hughson has consistently demonstrated the passion, vision, dedication and diligence necessary to be considered among the elite.

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 changed completely.

As the Principal Coach and Consultant for SNH – The Art & Science of Optimized Living®, Ms. Hughson works closely with prominent high performing professionals, groups and Fortune 500 companies, helping her clients understand the importance of health, wellness and lifestyle in accomplishing both 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.

For more information, visit [www.sylvainehughson.com](http://www.sylvainehughson.com), email Ms. Hughson directly at [contactus@sylvainehughson.com](mailto:contactus@sylvainehughson.com), or call her office at 303-628-5587.

About Women of Distinction Magazine:

Women of Distinction Magazine strives to continually bring the very best out in each article published and highlight Women of Distinction. Women of Distinction Magazine's mission is to have a platform where women can grow, inspire, empower, educate and encourage professionals from any industry by sharing stories of courage and success.

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