

GET HEATHLY

## Start The New Year Right !

Start the New Year with a personalized program.

Whether your goal is to lose weight, manage existing health issues, or just optimize your current health status, we can create a customized science-based program just for you.

Save time and money by taking the guesswork out of your diet plan. We offer an innovative science-guided approach to assess a person's nutritional status, through individualized blood analysis.

My office has partnered with Direct Labs which offers a low cost Comprehensive Blood Chemistry test to establish and monitor your progress.

*\*One of the most scientific ways to identify nutritional imbalances is to have your blood test evaluated by a nutritionally trained practitioner*



- The New You For 2012
- Blood Chemistry Testing
- Nutritional Analysis
- Diet and Lifestyle Changes
- Correct Nutritional Imbalances
- Monitor Your Progress
- Feel Better
- Look Better
- Be Healthy

Take the first step to discover the nutritional story in your blood test and make an appointment today



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