

Achieving a healthier lifestyle is easier than you think!

Holistic nutrition is the solution for **YOU** if you...

- ..Want to improve body composition
- ..Are interested in focusing on eating foods that are health promoting
- ..Need to decrease bad (LDL) cholesterol and improve good (HDL) cholesterol
- ..Want to reduce blood pressure
- ..Must improve glucose levels
- ..Want to learn easy to follow and implement nutrition strategies
- ..Desire balanced energy levels
- ..Crave for restful sleep
- ..Must reduce stress levels
- ..Want to age optimally
- ..Want to feel sexy, happy and healthy

We are all busy with work, home life, social life and everything else that gets in the way. Our health tends to take a back seat until it's almost too late. It seems like eating nutritiously is getting harder and more confusing with every new study that comes out.

Can I have beef, coffee, red wine or chocolate? What about fish? How much is too much? Not really sure what is actually good for you anymore? Don't delay starting your nutrition, fitness and lifestyle goals today!

Book your FREE 15 minute consultation right now to discuss how holistic medicine can work for you!!!

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