

**Always tired and feeling like you're running on empty?**

**Need help choosing the right kinds of foods or nutritional supplements?**



Nutritional deficiencies rob the body of its own natural resources and can manifest as symptoms such as fatigue, mood swings and insomnia. Many times, these symptoms are taken for granted as a natural sign of aging. When left unchecked, however, these same deficiencies can contribute to diseases such as arteriosclerosis, high blood pressure, diabetes and arthritis.

Scientists now recognize that even mild nutritional deficiencies can create subtle symptoms of disease. It has been found that through detoxification, dietary improvements and nutritional supplementation, the signs of deficiency can be eased, thus alleviating the sub-clinical symptoms being experienced.

Feel Younger, Healthier and Happier Today! A Nutritional Counseling Session at our office in conjunction with chiropractic and massage therapy can and will provide you with specific information that is tailored to your individualized wellness needs. We will help you to understand which foods, vitamins, herbs, and health practices can give you the optimal health and longevity you desire.

We will empower you to make the lifestyle changes you need to achieve your health related goals. We will help you to create optimal health and vitality by:

- Boosting your energy levels
- Boosting your immune system
- Increasing your ability to focus
- Decreasing nagging symptoms
- Ridding your body of poisons
- Detoxifying and revitalizing your internal organs
- Reducing your risk of disease

Avoid the frustration and high cost of struggling with endless diet books and "quick fixes". Treat the underlying causes of your health conditions rather than the symptoms. A Nutritional Counseling Session can save you thousands of dollars, prevent serious diseases, and give you the health and vitality you desire.

So, whether you're healthy and just want to fine tune a vitamin and mineral program, or need help with fatigue, chronic illness or recovery, we are here to help!