

We are Health and Nutritional Specialists

Please contact us if you would like us to do a presentation on various health and wellness topics such as:

- How our bio-chemical individuality affects our various needs on diet, nutrition, exercise regimes, stress management techniques, etc...
- How to make effective lifestyle choices and create good habits
- How to select high nutrient foods and how to preserve the nutrients through effective cooking methods
- The effects of various chemicals and hormone disruptors, found in food and the environment, on our health
- How to maximize your time so that you can include an exercise regime for you and your family
- How to determine what your body needs through “Nutritional Muscle Testing”
- Etc....

