

@ nourishe - January 2010



Summer in Wellington is on Tuesdays this year - but for how long?
Welcome to the New Year - my focus this year is on ENERGY for LIFE (both my own & helping you with yours!). Stress & Fatigue seem to be the most common in-clinic complaints - so here's what you can do about it...

OPTION A:

Hemaview Assessment -

This is a truly worthwhile assessment. You get to see what's happening right now in your blood - all it takes is a couple of drops of blood & together we look at it on a monitor. I can see immediately what's happening with your immune function, any liver distress, & possible nutrient deficiencies. We can look for inflammation & oxidative stress at the same time.

The report provides you with some images, explanations & recommendations.

All up it takes less than an hour & your investment is your time + \$80.

OPTION B:

Wellness for Life Assessment -

This is more involved & includes a comprehensive health assessment + Hemaview & a few other tests that I can do in clinic.

I recommend this option if you've got some long-term health challenges that need addressing.

You get the Hemaview report to take away with you plus I write up a more comprehensive Wellness Plan based on interpreting all the information you've provided me.

This option takes about 90 minutes + \$175.

DETOX Interactive Workshop :-

A few of you missed this one last year so I'm running the same workshop again!

- ▶ learn about cleansing your body & what's best for you
- ▶ explore different lifestyle, dietary & supplement options
- ▶ complete your own health analysis & create a personalised plan
- ▶ observe a Hemaview Live Blood screening

WEDNESDAY 17TH FEBRUARY @ 6PM. \$25pp

If you're interested in this workshop please email me.

Numbers are restricted due to space but I'm happy to run more workshops if the demand is there.

In the meantime what can you do to ensure Stress & Fatigue don't overwhelm you???

Start by addressing your diet - think of "diet" as any nutrient intake :-

Are you exercising for 30+ minutes 3 or more times per week? Exercise gets the nutrient OXYGEN circulating via the red blood cells.

Are you eating fresh fruits & veges every day? These contain essential vitamins & minerals.

Are you drinking 1-2L of pure water per day? Dehydration is fatiguing.

Are you getting enough quality sleep? During sleep your body will recover & regenerate.