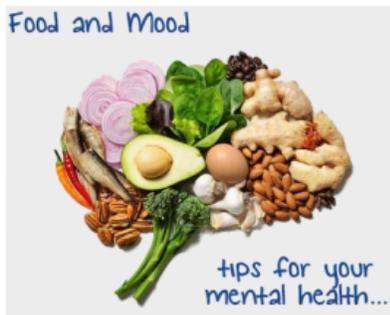


FOOD FOR MOOD

Nutrition for Optimal Mental and Physical Health

- ✓ Learn holistic strategies to replace or compliment pharmaceutical interventions.
- ✓ Discover nutritional deficiencies and hormonal imbalances that are commonly misdiagnosed as mental health disorders.
- ✓ Explore how to use nutrition to:



Stabilize blood sugar

Promote brain health

Decrease inflammation

Reduce stress

Improve sleep

Conquer cravings

Individual sessions by appointment.

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