

# **Eating Your Way to Optimal Health**

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## **The Delicate and Wonderful Machine**

**“You Are What You Eat”**

The human body is a delicate and wonderful machine and the gift we have been given needs to be nurtured. Isn't it ironic that we take our cars to the gas station and fill them with Premium fuel because the manufacturer recommends it, but then we pop into the drive through and fill our bodies with high calorie nutrient-void fats, sugars and downright carcinogenic “foods”? Truth is, these “foods” are rapidly adding life threatening pounds around our waistlines, decreasing our energy and adding absolutely no value to our health. Probably not breaking news to you, but have you considered that there are many food choices that you make each day that “seem” healthy and are actual no better than the dreaded fast food? The single largest obstacle standing between you and your optimal health is knowledge. Most of us are really unaware of proper nutrition because we have simply never been taught. We have been given misinformation from the USDA with the so-called Food Pyramids and have been bombarded with every type of diet that can be conceived. The fact is that “diet” is a four letter word. It should simply be replaced with the word FOOD. Good food! Food that tastes naturally good, is energy rich, a natural weight stabilizer and the key to optimal health.

## **What Is Nutrition and Lifestyle Coaching?**

**“A Whole New Way To Look At Food”**

My Nutrition and Lifestyle Coaching program can help provide you with the necessary information and support to help you get on track to getting your life back. Whether your goal is improved energy, weight loss (or what I call “right sizing”), or proper nutrition to combat a specific medical issue, I will work closely with you to identify foods which are both beneficial to meeting your goals and easy to prepare. The best part is that it will be the best food you've ever tasted!

My Nutrition and Lifestyle Coaching is a service that includes motivational and educational support, on-call phone support, custom food lists, shopping guides and meal plans tailored to your needs. In other words, I will educate you on what foods to avoid, what foods to eat, and how to create meals in such a way as to actually make you look at food in a whole new light! You will never look at a grocery store the same way. You will learn my secrets of hidden dangers and which aisles to avoid all together. I will guide you through the transition process and be the first to congratulate you on your new life!