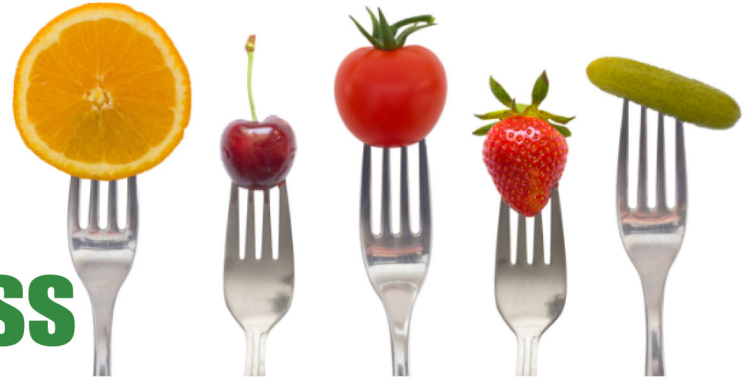


let's talk food!

Health Coaching Ayurveda Nutrition. Weight Loss



\$65 single session | \$220 four sessions

(Four 50-min sessions, 30-days of nutritional support, tips, recipes; \$55/session).
\$45/session, follow up sessions as needed after 30 days

Kimberly, Certified Nutrition Consult/Crossfit Level 1 Trainer
817.675.7133 | primalcoachkim@gmail.com



Certified through Primal Health Coach, she educates, motivates and guides clients toward lifestyle and behavior choices that support optimal well-being. A Paleo/Primal Health Coach stays ahead of the curve with an integrated approach, helping others create lives of maximum vitality using nutrition and fitness intelligence based on scientifically validated ancestral health principals.

This coaching food pyramid changes up the known a bit; it includes nuts and seeds, fruit, veggies, healthy fats and meats/fish. Benefits included eliminating sugar/carb cravings, balanced energy, lower cholesterol levels, increased muscle mass, stabilized blood sugar, eliminate symptoms of digestive dysfunction, eliminate inflammation, clear/healthy skin, improved sleep.

\$50 single session (One 60-minute session/30-days of nutritional support)
\$25/session, follow up sessions as needed

Erica, Certified Fitness Nutrition Specialist/Weight Loss Specialist
901.496.1924 relentlesshealthandfitness@yahoo.com

Nutrition counseling and a personalized plan to set you up for success; with the knowledge so you may lead a healthier lifestyle. Receive weigh-in/BMI calculation. Follow up appointments are available to progress your plan.



\$199 75min session/45min follow up

Arpita Shah, MBA, BS Nutrition, ERYT-500, Ayurveda Practitioner, Marma Therapist
817.706.3142 | arpita@omyogajourney.com

Identify your ideal state of balance, determine where there may be an imbalance and discover assistance using diet, herbs, aromatherapy, massage treatments, music and meditation to re-establish balance.

Discover your Dosha (unique mind/body type); pulse/tongue analysis; dietary/herbal recommendations
massage oil recommendations; lifestyle recommendations, cleansing/detox recommendations; yoga postures,
meditation and breathing techniques