



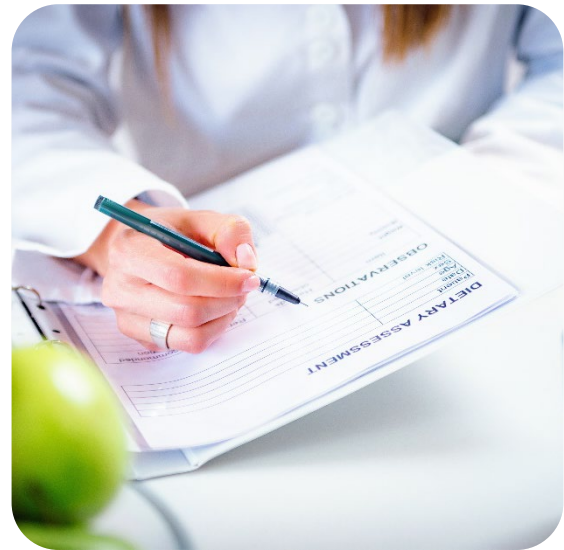
PUT YOUR CHRONIC CONDITION BEHIND YOU – FOR GOOD

Proven nutritional programs that suit your lifestyle and goals.

Get healthier • Be happier • Live Longer

Are You Tired Of Worrying About Your Health?

- ✓ Have you tried nutritional programs in the past – that didn't work?
- ✓ Are you tired of worrying about dying?
- ✓ Do you wonder what disease management advice to trust?
- ✓ Are you worried that you'll spend the rest of your life suffering from symptoms related to your disease?
- ✓ Do you wonder what else will go wrong as a result of your condition?



Customized Nutrition Advice For Chronic Conditions Including:

- ✓ Cancer.
 - ✓ Menopause.
 - ✓ Crohn's Disease, Irritable Bowel Syndrome and Ulcerative Colitis.
 - ✓ Acid reflux And Soft Diets.
 - ✓ Hyperlipidemia and hypertension.
 - ✓ Disordered Eating (Anorexia Nervosa, Bulimia, and Morbid Obesity).
 - ✓ Weight Loss or Gain.
 - ✓ Food Allergies and Celiac/Gluten Intolerance.
 - ✓ Diabetes (Type 1, Type 2, and Gestational).
 - ✓ Pregnancy, Fertility and Polycystic Ovary Syndrome (PCOS).
 - ✓ And More!
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"Kelly, it took a full year, but the nutrition and lifestyle changes you suggested I make have been achieved. I saw you for nutritional guidance after my doctor diagnosed me with Type 2 diabetes.

I was 211 lbs., 55 years old, and A1C of 6.5. I'm now 175 lbs. and 5.7 A1C. The weight and the blood glucose levels steadily declined throughout the year as I followed the plan you laid out.

I've felt so much better this year than for the past few years. I have more energy, focus, and I'm definitely happier. Thank you for helping me."

- Joe Battisto, Skaneateles, NY

Our Disease Management Programs Work For Real People. Hundreds of people have achieved one or more of these results:

- ✓ Drastic decrease in A1C points.
- ✓ Total and LDL Cholesterol lowered by 20+ points.
- ✓ High blood pressure conquered.
- ✓ Reversal of heart disease.
- ✓ Reversal of diabetes.

Customized Private Nutritional Counseling Package (6 Sessions)

- ✓ Includes 1 initial nutrition consultation and 5 follow-up appointments.
- ✓ Session 1: Nutrition assessment with estimated calorie needs and development of a customized approach based on your disease management goals.
- ✓ Sessions 2-6: Collaborative goal setting, self-monitoring, nutrition education, progress-monitoring and encouragement.

