



WELL BEINGS IS NOW OFFERING HOLISTIC NUTRITION PROGRAMS

With our in house Registered Holistic Nutritionist

“OUR HOLISTIC PROGRAMS ARE BEYOND JUST DIET” – Jodi Dumbleton, RHN

YOUR BODY CAN REBUILD ITSELF IN LESS THAN 365 DAYS

How can Holistic Nutrition help?

- Stress management
- Sustainable Weight Loss/Gain
- Glowing Skin
- Digestive Support
- Immune Support
- Balanced Hormones
- Clearer Mind
- Better Sleeps

Packages Include:

- ✔ Nutrition Coaching
- ✔ Track Your Progress (Monthly)
- ✔ Nutrient Deficiency Tests (Monthly)

- ✔ Menu Guidance
- ✔ Recipes
- ✔ Ingredient Substitutes
- ✔ How to Beat Cravings
- ✔ Learn How to Listen to Your Body
- ✔ Overcome Binge Eating
- ✔ Steps to Meal Planning and Prep
- ✔ Grocery Shopping 101
- ✔ Restaurant Guidelines
- ✔ **Personal Recommendations**
 - Diet
 - Supplement
 - Lifestyle
- ✔ **Specialized Diet Programs:**
 - Candida Cleanse
 - Liver Detox

Jodi Dumbleton, RHN believes in using a Holistic approach that targets the ROOT of the problem rather than the treatment of a symptom. Through her education at CSNN she has learned how to use diet, supplement and lifestyle techniques to bring the body back to complete balance. When the body is in balance you can start to notice a full transformation in your mental and physical well being.

Achieve optimal health and vitality through proper nutrition, natural supplementation, and a well-rounded lifestyle.

FACT: Your entire body totally rebuilds itself in less than 2 years – and 98% in less than 365 days. Every cell in your body eventually dies and is replaced by new cells. Everyday is a new opportunity to build a new body.



BRAIN
Your brain rebuilds itself in 1 year.

DNA
Your DNA renews itself every 2 months.

STOMACH LINING
The lining in your stomach rebuilds itself in 5 days.

LIVER
Your liver rebuilds itself in 6 weeks.

SKIN
Your skin rebuilds itself in 1 year.

BONES
Your body builds a whole new skeleton in 3 months.

BLOOD
Your blood rebuilds itself in 4 months.