

Do you agree that...

- ❖ An optimal diet can supply basic needs and strengthen the body's defenses and healing mechanisms.
- ❖ How we eat determines how we feel and how well our body ages.
- ❖ The quality of food eaten affects the degree of well being experienced.
- ❖ Food can function as medicine to influence many common ailments
- ❖ Artificially created food, or food grown under sub-optimal conditions, cannot contribute the ingredients necessary for good health.
- ❖ Only natural, wholesome foods can produce the degree of health that brings peace of mind and enjoyment of life.
- ❖ Each person is uniquely different therefore no diet is right for everyone all of the time.

With you in mind, a nutritionist will ...

- ❖ provide you with education, guidance and advice to assist you to make food choices that will enhance your health.
- ❖ take a holistic approach to your health through diet.
- ❖ guide you to improved health by assessing your unique constitution, hereditary factors, food preferences, and lifestyles.
- ❖ build a relationship with clients in order to facilitate tangible health improvements over time.
- ❖ assist you at every stage of life by providing knowledgeable advice for the best foods, supplements and lifestyle adjustments for:
 - Expectant mothers
 - Newborns, Children,
 - Adolescents,
 - Adults, and Seniors
 - Athletes of every level
 - Persons diagnosed with hypertension, stroke, cardiovascular disease, diabetes, cancer and so on

If you are looking for...

- release from excess weight
- improved energy levels
- disease prevention
- improved stamina
- improved function of vital organs
- freedom from cravings for sugars
- relief from allergies
- elimination of toxins
- sharpened attention
- clear youthful skin
- increased memory and focus
- slowing down the ageing process
- enhanced quality of sleep
- improved athletic performance
- enhanced sense of well being
- ...a Nutritionist will be your partner in achieving your goal

Fee Schedule

Initial Nutritional Consultation **\$120**

Meet with nutritionist to determine main health concern and establish goals. Receive and complete assessment questionnaires and diet diary.

Nutritional Consultation and Written Recommendations **\$225**

Meet with nutritionist to review assessment questionnaires and food awareness diary and to receive recommendations & a customized food and lifestyle plan

Subsequent Consultation **\$80/hr.**

An opportunity to assess progress and adjust goals and protocols

Nutrition & Reiki Energy Balancing Package **\$480**

Three 1½ hour sessions combining nutritional consult and Reiki

Specializing in cleansing the body's internal environment

Nutrition & Lifestyle Tips you can put into action today

1. Get adequate sleep to allow the body to rest and rejuvenate.
2. Drink 8 to 12 glasses of pure water daily.
3. Incorporate as much organic fruit, vegetables, whole grains and meats in your diet as possible.
4. Eat smaller meals more frequently.
5. Avoid eating processed foods.
6. Exercise your body for a minimum of 30 minutes daily.
7. Breathe your body into peace and relaxation
8. Drink a super juice every day.
9. Supplement a healthy diet with the highest quality vitamins, minerals, and oils.
10. Detoxify your internal body 2 to 4 times a year

Nutritional Services

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