

## ***PREVENTION & HEALING SERVICES***

### ***Comprehensive Personalized Medical Nutrition for a wide range of health issues including:***

- Diabetes, insulin resistance, metabolic syndrome
- Polycystic ovary syndrome (PCOS)
- Thyroid imbalances
- Cardiovascular disease
- Arthritis
- Immune disorders (Chronic fatigue, allergies, fibromyalgia, Epstein Barr, Candida, HIV)
- Auto-immune conditions (Lupus, rheumatoid arthritis, type I diabetes, MS, Graves)
- Macular degeneration
- Osteoporosis
- Cancer (prevention, re-building immune system after treatment)
- Prostate enlargement
- PMS
- Menopause
- Andropause
- Interstitial Cystitis and Vulvodynia
- Kidney Stones
- Depression
- Recovery from addiction (smoking and alcohol)
- Recovery from eating disorders

### ***Personalized Nutrition Programs for:***

#### ***Digestive Health***

If you suffer from Crohn's, Irritable Bowel Syndrome (IBS), chronic constipation, ulcers, gastroesophageal reflux disease (GERD), colitis, diverticulosis, food allergies/sensitivities, or any other undiagnosed form of digestive distress, Dana will provide a detailed eating and supplement program tailored to your specific issues and lifestyle.

#### ***Optimal Health, Prevention and Longevity***

If you are generally healthy but concerned that you may not be eating as well as you could, discover how simple changes in diet, supplements and exercise can enhance energy, immune system function, and general well-being while minimizing risk of degenerative disease.

### ***Menopause***

The right diet, regular exercise, and targeted supplements will minimize symptoms, protect the heart, bones, and cognitive function — whether or not you use hormone replacement therapy.

### ***Optimal Weight and Fitness***

A personalized program based on your individual metabolic profile, weight history, lifestyle and health issues. Whether you are trying to lose weight, gain weight or just improve your ratio of lean tissue to fat, Dana will coach you on which foods are right for you, how to prepare them or where to find them, and how to stay motivated to achieve your goal.

### ***Neuronutrition and Brain Health***

At any age, the right diet and supplements will boost concentration, enhance memory, reduce risk of age-related degeneration, and improve overall cognitive performance and state of mind.

### ***Carbohydrate Addiction and Blood Sugar Control***

Learn to tame your cravings, control your weight, prevent and treat insulin resistance, diabetes, Polycystic Ovary Syndrome (PCOS), and improve your overall health.

### ***Recovery from Addiction***

As you recover from addictive behaviors such as smoking, substance abuse and eating disorders learn which foods and nutritional supplements will help you to control cravings, correct nutrient deficiencies, boost your immune system and promote healing.

### ***Healthy Pregnancy for You and Your Baby***

Get practical tips for optimizing health before and during pregnancy for you and your baby.

### ***Beauty from the Inside Out***

An individualized eating, supplement and exercise plan for beautiful skin, lustrous hair, strong nails and to help prevent and even reverse many signs of aging.

### ***Vitamin/Supplement Review***

Should you take supplements? If so, which ones? Dana will do a comprehensive evaluation of your nutrient needs and outline a safe, balanced, and effective program for you – for prevention or healing.