



FEEL MORE ENERGY • REALIZE POSITIVE CHANGE • LIVE HEALTHY

# Holistic Nutrition Guidance

Would you like to feel healthier?

Do you believe a "one size fits all"  
approach isn't for you?

Do you like to keep things simple?

You can contribute to the quality of your health by incorporating a balance of good nutrition, adequate rest, exercise, stress management and a positive mental outlook.

By learning to be more aware of your lifestyle and habits, you allow yourself the opportunity to promote health and restore balance.

I believe each of us is unique and has specific requirements for nutrition based on your individual needs. By making healthy choices you will begin to feel better, have more energy and be on your way to optimal health.

Jamie Gaumann is a health educator, not a physician.  
She does not diagnose or treat disease.

Diet Evaluation	Half hour   \$40
Whole Life Program	2 one hour sessions   \$120
Ongoing Guidance	Half hour   \$40

Call Jamie at (925) 952-9688 x6

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positive change  
Our passion is to promote health and vitality.