



Your Road to Health is Just a Bliss Away

Published on Blissful Health (<https://www.blissful-health.com>)

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The focus of our nutrition services is not to count calories or try new trendy diets, but instead to concentrate on a **common sense whole foods diet** that is **tailored to your unique needs and capabilities**. Food is the foundation of health and the key to preventing disease, and at Blissful Health you will learn how to reclaim your health by becoming empowered with the knowledge and the tools to nourish yourself and your family.

Through proper food choices and understanding of how the body functions; you will maximize your potential, rid your body of illnesses, experience optimal health and feel great. Holistic nutrition recognizes the body as a whole - addressing nutrition, exercise, as well as understanding emotional and psycho-spiritual connections between the body systems. As holistic nutritionists, we are here to educate you on wellness, prevention of imbalances and vibrant living.



Nutritional Consultation Packages Offered

Personalized Nutrition Program

This program focuses on your health goals and caters to your individual's lifestyle needs and capabilities.

A series of 3, 1 hour appointments spread over a 2-4 month period.

Includes:

- In-depth nutritional analysis, health history and diet review
- Health and disease education
- Personalized 7 day meal plan
- Detailed diet, lifestyle and supplement recommendations
- Recipes
- E-mail support offered in addition to the 3 scheduled appointments

\$450.00

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Follow-Up Nutrition Package

Changing your habits and lifestyle takes time, and continued support is often needed as new challenges arrive and to keep you on track.

Includes:

- 2, 1/2 hour consultations
- 1, 1/2 hour phone or skype consultation
- 2 months of e-mail correspondence

\$200.00

Grocery Store Tour

A one-hour educational tour designed to help you navigate your way down the shopping aisles and make the most nutritious and economical choices possible.

Includes:

- Review of food labelling and misleading marketing
- Help with meal planning
- Foods to avoid
- New foods to introduce
- Money saving tips
- Cooking tips

\$80.00

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