

WILD ABOUT NUTRITION

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“What you eat determines your health, your well-being, and the quality of your life.”

Anne Marie Colbin

Author: *Food and Healing & The Natural Gourmet*

- ***Have you ever wanted to improve your eating habits?**
- ***Would you like to feel more confident in choosing and preparing better food for yourself and your family?**
- ***Would you like to experience a lasting increase in energy and vitality?**

As a Holistic Health Counselor, I am an advocate for living an energized and passionate life that incorporates foods that nourish and lifestyle choices that work best for you.

The simplest and most natural foods are truly the most satisfying. They will awaken your mind, tantalize your taste buds, and satisfy your soul.

I welcome all nutritional inquiries including choosing healthy food options, tips on food preparation, and lifestyle changes.

“The culinary traditions of our ancestors and the food choices and preparation techniques of healthy non-industrialized peoples, should serve as a model for contemporary eating habits, even and especially during this modern technological age.”

SALLY FALLON, President Weston A. Price Foundation

Author: *Nourishing Traditions*

Feel free to stop by the farm or contact me via e-mail at wildaboutnutrition@yahoo.com

If you would like to be included on my mailing list for upcoming health-supportive cooking classes this fall, sign up here _____.

