



Enjoy a nutritional springtime!

By Reneé S. Barasch



Most of us look forward to the beginning of spring. We rake the lawn, plant flowers, and may even tackle a big project like cleaning the basement—or organizing an office, as I recently did.

These tasks reap more than the obvious benefits—they revitalize our spirits and create a sense of calm.

As you tackle your home projects give thought to a *nutritional* spring cleaning. Take steps to improve your eating habits and you'll enjoy the deep satisfaction of greater health and overall vibrancy!



Food Sustains Life

Improving your eating habits begins with the realization that eating is far more than a recreational activity. The energy we need to work and play—and even relax and sleep—can only be provided by nutritionally-balanced food.

Yet today's processing methods (as well as cooking) destroy most of food's nutrients, leaving millions suffering from blood sugar imbalances, irritable bowel, acid reflux/GERD, gas, bloatedness, heartburn, excess acid, constipation, lactose intolerance, diarrhea, ulcers, and high cholesterol. Nutritionally-deficient food also generates problems we don't often associate with what we eat: headaches, candida, yeast overgrowth, fibromyalgia, chronic fatigue, and hormone imbalances.

Reversing Detrimental Symptoms

These symptoms can be reversed. Steps toward healthier eating and living begin with modifications in diet and include the addition of real food supplements and enzyme formulations. The result? Your body will receive its needed nourishment—which it is always looking for—and your digestion will improve.

For years, I suffered with stomach and digestive problems—problems that overwhelmed and defined me.

Once I began working with you, I felt an immediate difference.

Now, I am able to eat foods that I have avoided for years, have a great deal of energy, and sleep soundly again.

I truly feel like I've been given a new digestive system!

Thank you for helping me change my life, Reneé.

Debbie H.

Real food supplements, available in capsule or powdered form, contain “raw” or “real” food that has not been denatured by modern processing methods. These supplements give your body the opportunity to *naturally* correct any nutritional imbalances and deficiencies.

Enzyme formulations provide the catalyst that is required for comfortable, proper

digestion—and is missing from most food. Enzymes restore and maintain your digestive system, creating efficient and effective digestion that ensures nourishment to every part of your body.

Your Nutritional Springtime

Call now for a free 15-minute consultation. In the same way that my partnership with an Organizing Coach took me from a cluttered, disorganized office to a healthier environment in which to work and live, you and I can partner to develop a plan that will refresh and rejuvenate you nutritionally.

Adding real food supplements and enzymes to an improved diet will diminish food cravings and detoxify your colon. Improved nutrition will also:

- restore your energy level,
- boost your immune system,
- promote sleep quality,
- reduce headaches,
- decrease joint and muscle pain, and
- improve the condition of your hair, skin, and nails.

Your call will be the first step toward creating a very personal springtime for your body . . . and your life.

Reneé S. Barasch of Nutritional Health Solutions is a Certified Digestive Health Specialist.

*She can be reached at 847-207-2034
nhsolutions@sbcglobal.net.*

Let's get you feeling better.

Nutritional Health Solutions

Reneé S. Barasch, LDHS
Certified Digestive Health Specialist
Detoxification • Purification

847-207-2034

480 Elm Place, Suite 108
Highland Park, Illinois 60035
nhsolutions@sbcglobal.net
www.digestivehealthsolutions.com

