

Are You Always On A Diet?

**CANCER, DIABETES, WEIGHT LOSS,
Digestive Problems, Heart Disease,
Anti-aging, Fatigue, Menopause,
Depression, Sports Nutrition**

Are your medications solving your problems or treating your symptoms?

Why not learn how to eat &
CHANGE YOUR LIFESTYLE—
it's easier than you think..

**FREE NUTRITIONAL
COUNSELING SESSION**

Call to schedule your consultation.

Unlike others we develop a *customized*
nutritional program based on your:

- Metabolic Rate & Lean Muscle
- Activity Level
- Blood Labs
- Lifestyle
- Preferences

With your own food, we get **specific!**

Take control of your health...

Feel better, look better, reduce your risk for disease.

**No more dieting, focusing
on drugs, packaged foods,
or counting of points.**

Complete
Blood Analysis
\$129



Christopher Fuzy M.S., R.D.

*15 Years Experience
Masters Degree/Nutrition*

*- Member American Dietetics Association -
Former Chief Clinical Dietitian-Plantation General Hospital*

Lifestyle Nutrition Inc.

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www.AboutMyDiet.com

It's A Lifestyle... Not A Diet!!™