

Nutrition Boot Camp Family Edition



Nutrition Boot Camp for Families:

In-home nutrition and holistic lifestyle education with Elizabeth, certified holistic nutritionist and holistic health advocate

Learn how to keep your immune system strong, prevent disease, regain energy, and instill healthy lifestyle habits in your children that will last a lifetime!

Warning: Side effects may include: reaching your ideal weight, naturally balancing hormones (men, women and children), children who will sleep well, are less moody and have an easier time focusing on schoolwork.

Each boot camp session is 8 weeks and includes:

Once a week in-home meetings

Personalized goal setting

Ingredient education, label reading instructions, and a grocery store tour

Daily motivation and encouragement

Meal planning assistance and nutritious recipes tailored for your family

Personalized education based on your family's history and current needs

Unlimited email support

And more

Introductory rate of just \$800 for all 8 weeks!

(rate is only available through 12/31/16)

Don't become a statistic!

Visit www.purelywholistic.com for more information

Or call 314-288-7446