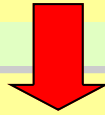


Call today for a NEW START  
**Free** initial consultation



- Weight Loss/Management
- Healthy Living Cooking Classes
- High Blood Pressure
- High Blood Cholesterol
- Heart Disease
- Diabetes
- Detoxification
- Allergies
- Cancer
- Women's/Men's Health
- Chronic Pain
- ADD/ADHD—Nutrition for Learning
- Stress Management
- Depression & Grief Recovery
- Arthritis, etc....

## On the Road to Recovery MOBILE Service



Our mobile service offers convenience and accessibility to professional nutrition and wellness services right in the comfort of your home or office.

Call today. Ask about the many benefits our programs offer and learn how you can achieve optimal health and fitness through nutrition and lifestyle modifications the easy and natural way. Get results that are measureable, progressive, and lasting.

633 King St. East  
Suite 206A  
Oshawa, ON L1H 1G3

905-460-4884  
905-355-2487  
smgrant50@yahoo.com

Health Questions?  
Get the Food Connection  
**ASK A NUTRITIONIST**

## Nutrition & Wellness



*Eden's Plate*

**Sandy Grant, BA, RHN**

Registered Holistic Nutritionist  
& Health Educator

**You are what you eat . . .  
Eat your way to health and  
wellness!**

## Mission Statement

Providing professional, quality service to groups and individuals for the holistic and progressive development of the physical, mental, and spiritual being.

## Philosophy

We are the Creator's masterpiece, with a built-in, life-promoting capacity to live, love, and laugh. By cooperating with the laws of nature we can experience renewal, restoration and wholeness.

## Method

Through nutritional assessments and evaluations, personalized programs are developed to meet each client's individual needs and specified goals. Program applications and progress are monitored over a predetermined period of time to ensure that desired goals are achieved. Offered to:

- Individuals
- Corporate/Schools/Institutions
- Community and Church Groups

## Programs and Services Offered:

**Seminars** discuss a variety of topics including nutrition for healing and maintaining good health; nutritional deficiencies; how to boost the immune system; fundamentals of anatomy and physiology for optimal health; disease causes, effects, prevention, and management.; lifestyle enrichment through natural modalities, etc...

**Private Consultations** available to individuals, couples, and families/groups with health issues and concerns. A thorough assessment and evaluation of data based on dietary habits, health history, and lifestyle practices are used to assist in establishing a program uniquely designed to achieve health goals through personal coaching.

**Cooking Classes** provides practical training in food selection and preparation. It is educational and instructive. You will learn the facts and fallacies of nutrient values, their effect on the body, as well as healthy alternatives with special emphasis on presentation and taste appeal.

**Menu Planning** teaches food science and how to combine food groups, quantity, quality, texture, and taste, for maximum absorption, digestion, and metabolism.

**Supermarket Tours** covers how to select the choicest foods, read labels, and identify food fads & gimmicks.

**Eight Weeks to Wellness** Lifestyle improvement programs designed to achieve specific health goals over a period of time.

## Benefits

- ◆ Boost energy level
- ◆ Improve memory and mental clarity
- ◆ Stimulate circulation
- ◆ Enhance learning capabilities
- ◆ Support your immune system
- ◆ Improve performance
- ◆ Feel more alive

## Discover the connection between nutrition and health—

- Nourish your cells with nature's choicest foods.
- Be empowered to manage stress and gain confidence in making positive lifestyle decisions.
- Slow down the effects of aging and reduce the risk of degenerative diseases and pre-mature death.
- Experience the joy of vibrant and purposeful living.