

TOTAL BODY NOURISHMENT PACKAGE



This transformational package will maximise your health and change your life through the unique combination of nutrition and NLP!*

What you will achieve!

A better relationship with food and your body

More energy, feel great and an increased quality of life

Weight loss that occurs naturally and healthily

Be a better example for your family

Increased motivation & long-term health

Overcome emotional eating

*NLP (Neuro Linguistic Programming) is the study of human excellence and communication that provides you with the tools to effectively manage your states, emotions and behaviours in order for you to achieve your goals.

Available for Nutrition Consults Monday, Wednesday and Friday

Day and night appointments available

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