

# Nutritional Counseling with Judy Marie

- Do you know which foods, supplements and vitamins are good for you?
- Do you know how much and how often to take your supplements and vitamins?

Whether you are looking for relief from a particular ailment or simply wish to maintain optimum health, Judy Marie can provide you with an abundance of information and design a complete nutritional program.

Judy Marie will ask about your goals, objectives and reasons for wanting nutritional support. She'll review your medical history, including medication and supplements you're currently taking. She will then delve into your lifestyle to get a sense of your stress levels, sleep patterns, energy levels, exercise and gastrointestinal function.

Judy Marie provides a customized 30 day program with specific recommendations on nutritional supplements, healthy food and lifestyle choices to enhance your return to optimal health based on your individual needs.

Nutritional Counseling over the phone or in person:

- **FREE 15 Minutes**
- 30 Minutes — \$45.00
- 60 Minutes — \$80.00

Call 970-292-8158 or email [judymarie@miraclesofhealth.com](mailto:judymarie@miraclesofhealth.com) to schedule your **free 15 minute** nutritional counseling appointment.



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