

WHEENK! HEALTH

NEW YEAR'S RESOLUTION - TAKE 2

HAVE YOU MADE PROGRESS ON YOUR GOALS SINCE THE BEGINNING OF THE YEAR? SPRING IS A GREAT TIME TO CHECK IN WITH THAT LIST OF YOURS AND DUST IT OFF. CHANCES ARE 'TAKING BETTER CARE OF MYSELF' WAS A GOAL ON THAT LIST FOR THE YEAR (IF NOT, IT SHOULD HAVE BEEN!). IF THAT MEANT EATING BETTER, STARTING A REGULAR EXERCISE ROUTINE, GEARING UP TO RUN A MARATHON, MAKING LIFESTYLE CHANGES, RECOVERING FROM INJURY/ILLNESS, OR REDUCING STRESS, IT MAY BE TIME TO GET SOME ASSISTANCE.

"HOW AM I SUPPOSED TO EAT?" "DO I NEED TO GO TO THE GYM, TAKE UP YOGA, BUY SOME EXERCISE EQUIPMENT OR CAN I JUST ENJOY A WALK ON THE BEACH?" "WHY DON'T THE ACTIVITIES THAT USED TO HELP ME HANDLE STRESS WORK ANY MORE?" "WHERE IS THIS HEARTBURN COMING FROM?" "WHY IS MY SLEEP PATTERN CHANGING?" THE PROCESS OF FIGURING THIS OUT CAN BE CONFUSING, FRUSTRATING AND DOWNRIGHT PAINFUL. ADD ANY SORT OF CHRONIC STRESS, HEALTH CONDITION OR INJURY TO THE EQUATION AND IT IS ALMOST INSTANTLY OVERWHELMING.

EVER WONDER WHY ALL THOSE COMMERCIAL DIET AND EXERCISE PROGRAMS ARE SO COMPLETELY DIFFERENT AND YET SEEM TO BE SO SUCCESSFUL? THEY WORK VERY WELL FOR A SPECIFIC SLICE OF THE POPULATION. HAVE YOU NOTICED THE 'THESE RESULTS ARE NOT TYPICAL' ON ALL ADVERTISEMENTS? IT IS BECAUSE THEY ARE NOT FOR EVERYONE. WHOEVER FIRST SAID 'ONE MAN'S FOOD IN ANOTHER MAN'S POISON' WAS CORRECT. OUR MASSAGE THERAPIST, KIM, IS NOW OFFERING A NUTRITIONAL PROGRAM THAT CAN POINT YOU IN THE RIGHT DIRECTION. IT IS A 6-9 MONTH PROGRAM THAT LOOKS AT YOUR BODY TYPE, CHEMISTRY, HEREDITY, METABOLISM AND ENERGY SOURCES. YOU WILL GET A PLAN FOR FOOD, EXERCISE, AND SUPPLEMENTS DESIGNED FOR YOUR BODY AS WELL AS ONGOING SUPPORT. KIM HOLDS A DEGREE IN NUTRITION AND HAS EXPERIENCED SUCCESS IN HELPING MANY PEOPLE ACHIEVE THEIR GOALS OF BETTER HEALTH AND WELLNESS.

WEATHER YOU ARE STRUGGLING WITH EXTRA WEIGHT, TIRED OF BEING TIRED, READY TO GET IN SHAPE, FIGHTING WITH ALLERGIES, DIGESTIVE ISSUES, PAIN, INFLAMMATION, RECOVERING FROM INJURY/ILLNESS, OR FACING CHRONIC DISEASE, THIS PROGRAM CAN HELP. IT IS AFFORDABLE AND PROVIDED WITH YOUR LONG-TERM HEALTH AND VITALITY IN MIND.

HERE IS WHAT PEOPLE ARE SAYING:
"KIM'S HELP AND DIRECTION FOR THE COMPLEXITIES OF MY HEALTH AND NUTRITIONAL NEEDS HAS BEEN LIFE-CHANGING. ACCORDING TO MY RHEUMATOLOGIST, HER EVALUATION OF AND SUGGESTIONS FOR SUPPLEMENTS IS 'RIGHT ON TARGET' FROM A MEDICAL PERSPECTIVE. KIM HAS TRULY LISTENED TO ALL OF THE MINUTE DETAILS OF MY EATING HABITS AND HEALTH HISTORY, SORTED THROUGH MEDICAL REPORTS AND BLOOD TESTS, AND FORMULATED A PERSONALIZED PLAN "JUST FOR ME". AND THE PLAN OF ACTION IS ONE THAT IS DOABLE, TAKING EASY ONE-AT-A-TIME STEPS THAT ARE BECOMING LIFESTYLE CHANGES FOR BETTER HEALTH AND LONG-TERM BENEFITS. I WILL BE FOREVER GRATEFUL!" - CAROL

BY, KIM LEE-THORP
CLINICAL MASSAGE
NUTRITION

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