

Functional Nutrition Counseling/Cooking Instruction

Cooking Up Self Care; Empowerment on a Plate

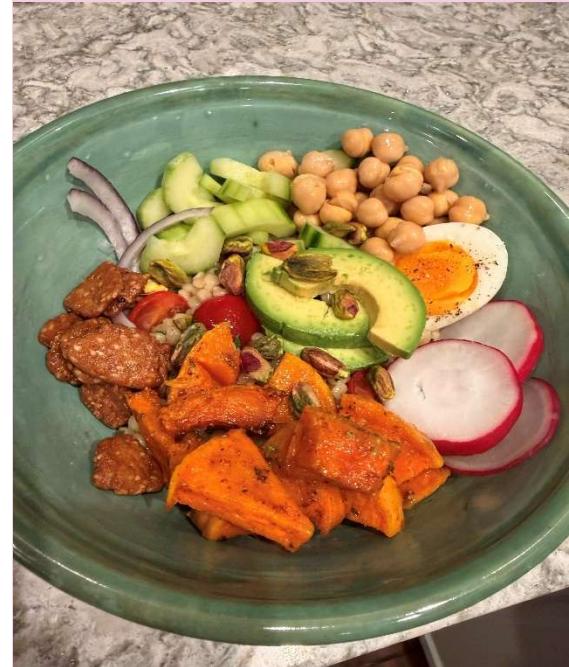
Want to Improve your Health?

By Janet Townley, Certified Functional Nutrition Counselor

Chances are you have some sort of health symptom(s), diagnosis and/or concern. 12M prescriptions are filled daily in the United States. This statistic has nearly doubled over the course of 20 years. Have you struggled with your health and haven't gotten anywhere? Likely the answer is no. **Functional nutrition addresses gaps often left in the traditional healthcare system by looking deeply at a person's health history, symptoms, environment, and lifestyle.** This comprehensive approach helps uncover why the body is reacting the way it is and how targeted nutrition can support its natural processes.



Cool Cookster News: Edition 1



WANT TO IMPROVE YOUR HEALTH?

FUNCTIONAL NUTRITION

How Function Nutrition Counseling
Can Help You

ROOT CAUSE

How to get at the Root Cause of
your Signs, Symptoms and
Diagnosis

WANT A FREE CONSULT?

Scan the QR Code

What Can it do for Me?

Functional Nutrition Counseling

With an estimated 80% of the immune system residing in the gut, digestive health plays a critical role in infection defense and overall well-being. Simple daily habits—such as chewing food thoroughly to activate digestive enzymes—can significantly improve issues like gas, bloating and leaky gut.

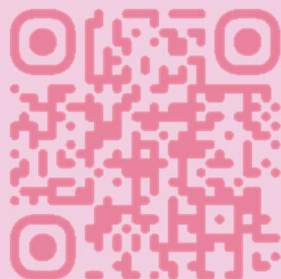
I focus on understanding everyone's unique story and empower them to support their body with foods and habits it truly needs.

There is no one protocol for signs, symptoms, and diagnoses. If there were a quick fix you would have already found it. Functional nutrition counseling allows for a deep dive into your health history to connect the dots with what's going on in your body.

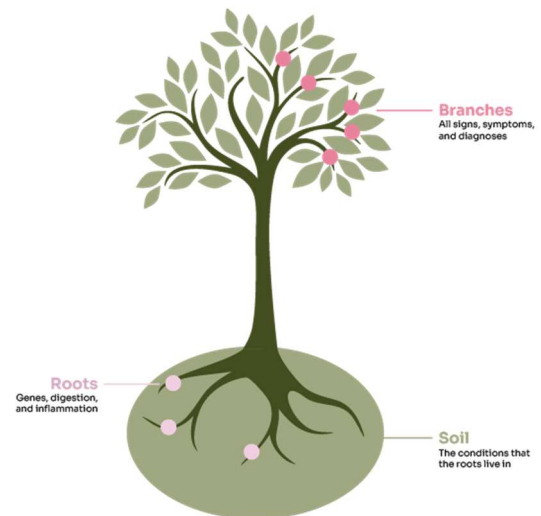


**Want a
free
Consult?**

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Together, we will Discover the Root Cause to your Health Issues



Adapted from Functional Nutrition Alliance

Think of a tree. The branches are the signs, symptoms and diagnosis. The tree has roots and, in the roots, we look at genes, digestion, and inflammation. But it's the soil that allows the roots to grow. We change the terrain of the soil to get at the root cause of what ails you.

If you feel unheard by the medical community, try functional nutrition counseling. You do not have to walk your path alone!

Scan the QR Code to read my full story on how I lost 140 pounds, reversed type 2 diabetes, eliminated asthma and severely reduced hypertension.