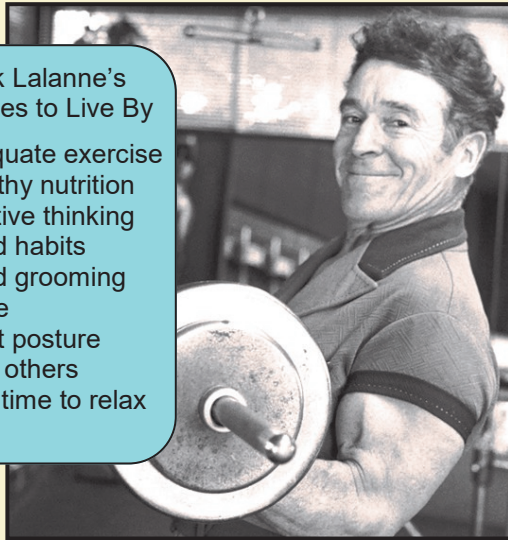


We are using **FUNCTIONAL NUTRITION** to help you create **A Better ME in '23**

Jack Lalanne's
10 Rules to Live By

1. Adequate exercise
2. Healthy nutrition
3. Positive thinking
4. Good habits
5. Good grooming
6. Smile
7. Erect posture
8. Help others
9. Find time to relax
10. Faith



Fitness guru Jack Lalanne enjoyed robust health throughout his 96 year life by following guidelines that are just as relevant today.

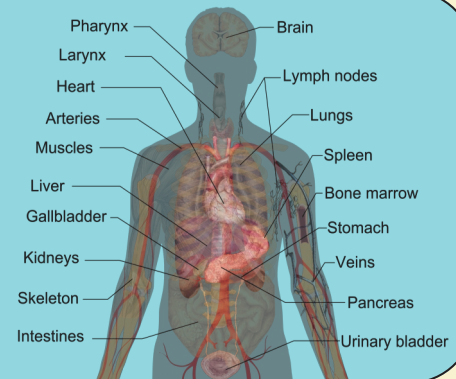
By bringing proven old school logic into the 21st century with **functional nutrition labs**, we can help you create that “better me” you’ve always wanted!

- ✓ **Do the labs at home**
- ✓ **Results come to our office**
- ✓ **We design a program to help you optimize all aspects of your health!**

Labs may include samples from your:

- **Blood**
- **Saliva**
- **Stool**
- **Hair**

To evaluate your whole body!



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Dr. Lauren Cantrell
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What is Functional Nutrition?

The functional nutrition model of care seeks to find the underlying reasons for why a person does not have excellent health. By identifying root causes to your symptoms, we can personalize effective care for you.

Functional nutrition often uses various lab tests to help identify problem areas. These tests may include looking at triggers such as nutritional status, stress, toxins, allergens, genetics and your microbiome (the bacteria living in and on your body).

Once we identify the triggers, we can customize a healthy living plan for you which will address many aspects of your life. While this may seem a bit daunting at first, we make it as easy as possible with gradual steps and easy to follow guidance.

A “Better Me in ‘23” is right around the corner!

Call for an appointment!

314-353-1477