

**We can offer support  
for the following  
health conditions**

Weight Management  
Headaches  
Skin problems  
Muscle/ Joint pain  
Diabetes / Pre diabetes  
Gas and Bloating  
Constipation  
Crohn's Disease  
Colitis  
IBS / IBD  
High Cholesterol  
Blood Pressure  
Thyroid Imbalances  
ADD /ADHD  
Food Sensitivities / Allergies  
Frequent Infection/Low Immunity  
Metabolic Syndrome  
Depression / Mood Swings  
Heart Disease



*We look forward  
to guiding you to  
health and wellness  
through food choices*

*Helping you  
eat your way  
to Health*

*Health cannot  
be bought,  
but it can be eaten*

*Call today!*

The NUTRITIONISTS at OAK RIDGES  
**905.559.SLIM**  
**905.559.7546**

The NUTRITIONISTS at OAK RIDGES  
Oak Ridges Medical Centre  
13291 Yonge Street, Suite 401  
Richmond Hill, ON L4E 4E6

**905.559.SLIM**  
**905.559.7546**



## What can a Registered Holistic Nutritionist do for me?

RHNs are trained to deal with a multitude of health concerns, which are often aggravated or caused by diet.

By assessing nutritional imbalances and weaknesses in the bodily systems we can help reset your body to achieve optimal health. We recommend foods that will aid in your healing and when necessary can guide you to the right supplements to support your efforts.

As an RHN we individualize all programs to your needs and preferences. This is what makes the difference. We are not a one-size-fits-all program. This is the reason we often succeed where other programs have failed.

Our goal is to educate you on proper food choices and portions, which give you the building blocks to achieve optimal health.

## Why our weight loss program is different

We believe a lean, well nourished body is a healthy body. With our help you can achieve your weight loss goals, naturally.

Carrying weight, particularly through your abdominal region, has been linked to many diseases including diabetes, heart disease, sleep apnea and inflammation. By normalizing your weight you can expect to have an improvement in energy levels, sleeping patterns, mood, better digestion and an overall sense of well being.

Most diets help you lose weight by cutting back, restricting food groups and leaving you feeling deprived. And often the weight loss cannot be sustained.

There is a better way!

The Nutritionists at Oak Ridges have an individualized approach to weight loss and it makes all the difference. We work off a blood glucose model where we try to balance your blood sugars helping you get out of the cycle of constantly gaining and losing weight. With our approach your weight stabilizes, naturally.

We monitor your choices and preferences and help you adapt a plan that is both satisfying and nutritious. We will give you workable ideas that keep you full and energized all day long. With our support and methods you will quickly learn how to eat well and feed yourself properly, all while noticing improvements in energy and appearance.

We can guide you to a new eating style, one that keeps you trim for life.

And you don't have to feel deprived!

**We think you're worth it! And we will be with you every inch of the way.  
Book an appointment today and let us teach you how.**

