

Align Nutrition – Promoting Healthy Living One Baby Step at a Time

Do you eat? Do you know if what you are choosing to eat is of benefit or a burden to your body? Wouldn't it be great if there was someone to give you direction and answer all your burning food questions? Fortunately for you – there is! Angela Wright of Align Nutrition is a Registered Nutritional Consulting Practitioner, and is here to educate you on the best food options and lifestyle habits for you to reach your personal goals.

Our cells and therefore our whole bodies are made up of the foods we eat – changing your eating choices and habits can change your body, mind, emotions, and health. But we are all biochemically individual, so what's good for one person may not be for another. Apples may be great for one person to supply fibre, water, phytonutrients, and for removing toxins from the body, but in another person, apples may cause gas, bloating, and mal-digestion, and therefore is not of benefit but becomes a burden for the body to have to deal with. A Nutritional Consultant can clarify what is best for you personally.

Whether you would like to run a marathon, have happy healthy kids, protect yourself naturally from lifestyle diseases, minimize stress and its effects on your body, or just plain feel awesome, Nutritional Consulting with Align Nutrition is a custom approach to obtaining a more optimal you.



Who Can Benefit from Nutritional Consulting?

Persons with/have had/on their way to having

- Cardiovascular Disease
- Type I & II Diabetes
- Osteo & Rheumatoid Arthritis
- Any type of Cancer
- Osteoporosis & Osteopenia
- Headaches & Migraines
- Mal-digestion Issues
- Constipation & Diarrhea
- Any 'Symptom' – symptoms are the body's way of getting us to pay attention to its needs
- Low Energy & Fatigue
- PMS & Menopausal Symptoms
- Low Immune Function
- Asthma/Sinus/Breathing Issues
- Stress & Anxiety
- Depression & Mood Imbalances
- Thyroid & Endocrine Conditions
- Food & Environmental Allergies

Clients that commonly seek and benefit from Nutritional Consulting include

- Persons with excess weight that do not want to 'diet' but overhaul their whole lifestyle and be accountable to doing so
- High-stress individuals with/on their way to cardiovascular issues or adrenal burnout
- Parents whose children have left home and can now look after themselves after putting others first for too long
- Parents wanting to make healthy family food choices for their kids and themselves
- Persons with fitness or athletic pursuits that want to fuel their body in a health-full manner with whole foods
- Persons who want to live in a state of 'optimal health' instead of 'not quite dead'

Prerequisite - An understanding that these programs are not a 'quick fix' – you are taking on the responsibility to make the specific changes recommended for you. (Angela is here to educate and inform – she does not 'fix' anyone, but empowers clients to change habits and make the better decisions and therefore when they take action they 'fix' and rebalance themselves.)

Services and Packages

- With each initial assessment, Angela takes a very individualized look at your health status. Using information about you collected from a diet diary; symptoms, health, and lifestyle take home questionnaires; and an intake interview, Angela compiles an individualized picture of your present health and nutritional imbalances.
- All appointments come with appropriate recipes and informative handouts; all packages include personalized health protocol programs.
- As always, all are welcome to an informal or scheduled 15 minute intro chat to determine compatibility of goals and expectations.

Initial Assessment 1.5 hours - \$95	Intro/Follow-up 1 hour - \$75	Diet Follow-up 30 min - \$40
Awareness Package	<ul style="list-style-type: none"> • Ideal for finding the 'root cause' of your personal health symptoms and states of dis-ease • 1x1.5 hour initial, full health assessment and info package, 1x1 hour follow-up - \$200 	
Balance Package	<ul style="list-style-type: none"> • Ideal for continuing with change after an Awareness Package, to continue to make new baby steps monthly (must have had a 1.5 hour initial appointment previously) • 3x1 hour follow-up sessions @ 4-8 week intervals - \$210 	
Make-Over Package	<ul style="list-style-type: none"> • Ideal for weight management, lifestyle overhauls, and accountability • 1x1.5 hour initial, health assessment and info package, accountability journal, 3x30 min check-ins (sessions are held weekly or bi-monthly only – must be completed within eight weeks) - \$225 	
Ah-Ha! Package	<ul style="list-style-type: none"> • Ideal for parents, students, seniors, widows/widowers – persons who would like to know more about proper eating choices and habits, and their benefits to your health and wellness • 1x1.5 hour initial, 1x1 hour grocery store tour with label reading - \$175 	
Other Services	<ul style="list-style-type: none"> • Holistic Cooking Classes, Education Workshops and Seminars, Kitchen Overhauls, Grocery Store Tours, Guest Speaking, and Workplace Seminars are available – please inquire 	

About Angela Wright

Angela Wright is a Holistic Nutritional Consultant, with a degree in Science (Environmental) from University of Waterloo, and a diploma in Applied Holistic Nutrition from Institute of Holistic Nutrition in Toronto. She is a Registered Nutritional Consulting Practitioner in good standing with the International Organization of Nutritional Consultants. Angela founded Align Nutrition in 2005 and operated in Owen Sound, Ontario for two years before moving to Kelowna in 2007. Angela is also the creator of the MindBody FX Nutrition Plan, part of the Complete MindBody FX Lifestyle Program, and volunteers for the Karis Society by teaching women in transition healthy nutritional habits.

On a more personal note, she has found a new love of running, yoga, and vegetable gardening since moving to BC. She is a co-coordinator of the SportMed BC SunRun Learn to Run 10k Clinic for 2010 with her husband Mike. Her personal 'get out of your comfort zone' accomplishments of 2009 – finishing her first sprint triathlon and her first ½ marathon.

