

## **Put a Spring in your step!** **with ELLE magazine's resident nutritional expert**

*It's no secret that what we eat and drink has a dramatic effect on how we look and feel. Indeed, a good diet can vastly improve our energy levels, our mood and behaviour, and our ability to cope with life's stresses and strains. Conversely, a poor diet is associated with...*

- Allergies/intolerances
- Bloating
- Digestive complaints
- Headaches/migraine
- High cholesterol
- Low energy
- Pain & inflammation
- PMS & Menopause
- Skin disorders
- Stress & anxiety
- Water retention
- Weight loss/gain

*Leading Nutritional Therapist Janine Fahri of NutriLife Clinic and Resident Nutritional Expert for the Daily Mail and ELLE magazine has analysed and modified the eating habits of men and women from nightclub doormen to Heads of State and celebrities, including Jemma Kid, Emilia Fox and Jennifer Aniston.*

*Now Janine's expert advice could help YOU look and feel your very best for the sunshine season!*

# NutriLife

## Nutrition & Lifestyle Clinic

[www.nutrilifeclinic.com](http://www.nutrilifeclinic.com)

Tel: 07956 848 002

### Your **Put a Spring in your step** package includes:

- Food diary analysis
- Elementary assessment of your nutritional status
- Comprehensive evaluation of your:
  - Current symptoms & health concerns
  - Medical history
  - Lifestyle
  - System imbalances
  - Personal goals
- Personalised dietary & lifestyle recommendations
- Suggested breakfast, lunch, dinner & snack ideas
- Personalised dietary supplement regime
- One-to-one consultation (1 hour)

### Special Promotion:

**£199 instead (usually £280)**

**Call Janine on 07956 848 002**

Offer expires 31<sup>st</sup> May 2014