

Nutritionally Yours June Newsletter

“The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet & in the cause & prevention of disease.” ---Thomas Edison



Happy Summer!!! Warm summer days; cool breezes in the evenings; spending time frolicking on the beach and in the surf. For many it is the most anticipated season, for many it is the most dreaded. After all, we have to bare more skin in the hot summer sun. No longer can we cover up our flaws.

At **Nutritionally Yours** we stress to all of our clients the importance of diet and exercise. This is important to achieve not only physical benefits but health benefits as well. Many of us can accomplish our goals through diet and exercise alone. Many of us, however, face greater challenges. These challenges could be medical, such as thyroid; hormonal changes; slow metabolism or simply busy lifestyles or even years upon years of improper nutrition.

We, at **Nutritionally Yours**, have seen many people face these challenges. We have now, through years of searching, found the perfect products to introduce to you that we feel will not only help you achieve your desired physical results, but will also undo years of build up of toxins and waste within the body, that can prevent weight loss and good health. This line of products is second to none that we have come across yet. Using 85 percent organic ingredients and 100 percent all natural, this system delivers quality, taste, convenience and affordability. Using this system, as an adjunct to a healthy diet is a safe, natural and effective way to cleanse harmful impurities from your system, safely loose unwanted pounds and inches, burn fat and build muscles, naturally reduce cravings and appetite while absorbing balanced nutrients.

To all of our family, friends, colleagues and clients we would not recommend any products that were not of the highest and finest ingredients using absolutely no stimulants or artificial sweeteners. We are so excited to bring to you our discovery of this system. To find out more, log onto our website at www.nutritionallyyoursllc.com and view the video. Having used the system ourselves, seeing incredible results and recommending it to already many of our clients, we invite all to call or visit us for a free consult to learn more. At **Nutritionally Yours**, your health and well being is and always will be our first priority.

We will provide you with awesome recipes for dips, burgers, salads and more. We will show you how to reduce calories from your favorite summer foods, in ways that you will find taste great.

Call **Nutritionally Yours** today at (732) 335-1800 and let this be the summer you shed your winter clothes with confidence. Let this be the summer you enjoy the most. Let this be the summer that sizzles!!!

Nutritionally Yours,
Christine and Suzanne

P.S. For those of you who are not local, we can send you menus, snack lists, tips via e-mail and are available for phone consults. For more information visit us on the web at www.NutritionallyYoursllc.com.