



12 week Cardio-Metabolic Program

Natural & Digestive Health, LLC

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Who would benefit?: Those with blood pressure and blood sugar concerns; waist/hip ratio imbalances; cholesterol and triglyceride irregularities; and/ or those who are at risk for cardio/metabolic instability. *

What: Included in this program will be lipid profiles, Essential Fatty Acid levels, fasting blood sugars, assessments utilizing various techniques including EDS, BIA, Digestive Health Assessment, 24 hour urinalysis, First Line Therapy, and 6 visits to Natural and Digestive Health over the course of 12 weeks. *

Visits will be tailored to meet your individual needs and results of the assessments. If a healthy weight is recommended, this will also be addressed.

Options based on assessments: Hair mineral analysis, Healing Touch, Neurotransmitter testing

Overall goal of the program is to balance your blood pressure, healthy blood sugar support, decrease inflammation, education for a healthy lifestyle that is long lasting and supportive, detoxification, and overall improvement of health, energy, sleep, digestion, and attitude. *

Call now for more information: 320-266-2152

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.