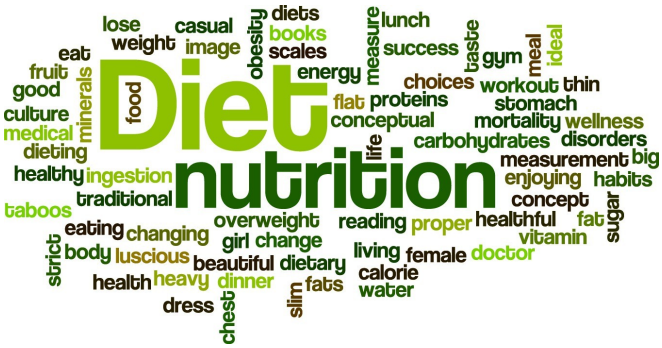
Nutritional Health Coaching

At Everything Zen, we give you the best in customer service while providing wellness therapies custom-tailored to your lifestyle, personal goals, and therapeutic needs. From therapeutic massage, to organic skin care and nutritional advice, our approach is to look at each individual through mind, body and spirit, creating a therapy that works for you!

Nutritional Health Coaching is an emerging field, with a variety of practitioners providing a diversity of wellness services. A holistic nutritionist is a professional trained in Natural **Nutrition** and complementary therapies, whose principal function is to educate individuals and groups about the benefits and health impact of optimal **nutrition**. Nutritionists provide services to help maintain the health of patients by overseeing eating habits and correcting improper nutrition consumption, according to the U.S. Department of Labor.

Our health coach specializes in designing customized programs to address each individual's unique nutritional needs. This is accomplished by drawing upon knowledge of the latest research in clinical nutrition, combined with complementary therapies, to offer a powerful and effective approach to preventive health, healing, immune support, diabetes management, and weight management. These lasting life style changes will improve energy, vitality, well-being, stamina and radiance.



Our nutritional health coaches offer Nutritional Counseling for 60 minutes for individual sessions, or monthly packages are available for a long-term plan to reach your goals and retrain your body and mind to a healthier eating program.

With our new EZen BE WELL Membership Program, you will receive one FREE 30 minute consult when you join.

More information is available by calling our office to see if Nutritional Health Coaching is right for you.

Everything Zen

860-556-2914
Located at 495 Gold Star Highway, Ste. 320, Groton, CT
www.everythingzenmassage.com

For Better Health & Wellness!