



**YOU CAN BE HEALTHY  
AND ENJOY DELICIOUS FOOD, TOO!**

*If you are having difficulty with:*

- Cardiovascular Disease
- High Cholesterol
- Depression
- Insomnia
- Pre/Type 2 Diabetes
- Hormonal Issues
- Digestion
- Overall Wellness

**LET HOLISTIC NUTRITION CONSULTANT  
JENNY HELMAN HELP YOU REGAIN  
YOUR HEALTH AND VITALITY...**

*She can offer you an expert evaluation and  
science-based recommendations based on  
your individual needs by:*

- Analyzing your current diet
- Reviewing your medication and supplements for any interactions or nutrient deficiencies
- Menu planning with easy-to-cook recipes
- Pantry purging for a healthy new you
- Lifestyle changes to help you be well

For more information about the packages we offer and a **free** 15-minute consultation, please call 707-236-2030 or email **[Jenny@HealdsburgNutrition.com](mailto:Jenny@HealdsburgNutrition.com)**

## ABOUT HOLISTIC NUTRITION CONSULTANT JENNY HELMAN

Jenny decided to become a Nutrition Consultant after she eliminated her own chronic pain with nutrition and lifestyle changes. She left a successful 25-year career in the Wine Industry in order help people achieve maximum health through healthy eating and adopting a balanced lifestyle.

Her dream is now being fulfilled, thanks to her recent graduation – with honors – from Bauman College as a Holistic Nutrition Consultant.

### WHAT CLIENTS ARE SAYING ABOUT JENNY...

*"It feels like my body has been tuned-up and is running more efficiently thanks to Jenny. I highly recommend her service to anyone who is interested in improving their well-being."*

– Robert M., Novato CA

*"I finally feel like I can now eat for health AND enjoyment! She gave me the tools to finally take charge of my health by eating to nourish my body."*

– Lynda J., Healdsburg, CA

*"I have embraced all of your guidelines and without even exercising – due to injuries, I was able to lose weight and lower my HB1AC numbers during my sessions with you."*

– Alan S., Santa Rosa

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Nutrition**

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