



melmed center

# Nutri-Tip From Jan

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## Nutritional Evaluation

### Characteristics of children who might benefit

- Tire easily, crave sweetened and processed foods
- Poor appetite, weight issues impacted by medication, sleep problems
- Poor organizational skills, needing constant reminders
- Uncooperative, appearing to be in a fog or excessively active
- Socially withdrawn
- Avoids activities that require mental effort, easily frustrated
- Developmental delays, autism, ADHD



### Want to Learn More?

**Even the smallest nutritional change can improve physical and mental well-being.**

Our metabolisms are as unique as our fingerprints. If you have concerns about your child's nutrition (or your own), schedule an appointment with Jan Katzen, CN, nutritional therapist, for a nutritional evaluation and a sustainable, delicious food plan.

Complimentary 10-minute introductory phone consults with Jan are available.

Please contact the front office for details