



melmed center

Nutri-Tip From Jan

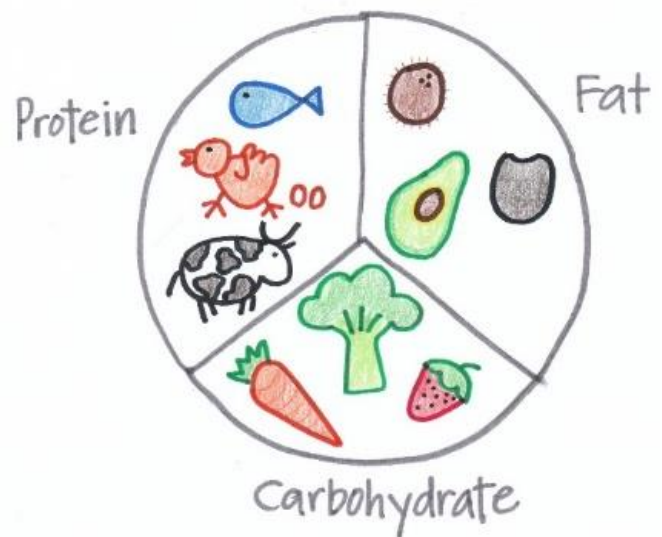
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Winning the nutritional trifecta through:

Meal Mapping

The composition and timing of protein, fat, and complex carbohydrates can:

- Combat hidden hunger
- Reduce sugar cravings
- Increase staying power of food
- Maximize focus and learning
- Reduce anxiety and depression
- Promote calmness and sense of well-being
- Improve sleep
- Restore depleted energy levels
- Optimize nutrient levels and blood sugar stability



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 are concerned about your child's nutrition (or your own), schedule an appointment with Jan Katzen, CN, our nutritional therapist, for a comprehensive 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