

Lifestyles By Liz

NUTRITIONAL THERAPY
FOOD AND LIFESTYLE IMPROVEMENT

What is Nutritional Therapy?

Nutritional Therapy is a holistic, bio-individual deep-dive approach to balancing the foundations of health through whole foods and lifestyle behaviors. We address the root cause of your symptoms, rather than sticking a band-aid on it and moving on.

A NTP does not treat or diagnose any medical conditions.



The Foundations of Health



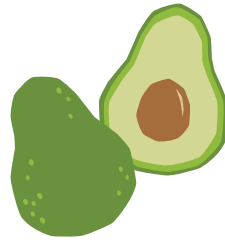
Properly prepared, nutrient dense-whole foods diet



Optimize Digestion -
We are what we absorb!



Blood Sugar Regulation
- stabilize energy,
improve sleep, balance
hormones and reduce
stress in the body.



Essential Fatty Acids
- do not fear fat! It's
our friend!



Mineral Balance
- our bodies
spark plugs!



Hydration - needed
for every organ and
system in our body
to function properly.

Why Nutritional Therapy Works



No Restrictive Diet Plan



Sustainable Lifestyle



Empowered decision making & improved attitude



Guided coaching sessions that fuel inspiration and commitment toward goals



Learn and Implement Intuitive Eating Practices & Habit Building



Unique Recommendations based on your own symptoms, lifestyle, routine, and habits

Start Your Nutritional Therapy Journey NOW

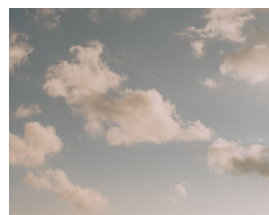
Do these 6 things for 1 week



Lemon Sea Salt
Water Every
Morning Upon
Waking



Coffee After
Breakfast



Get Outside
Within an Hour
of Waking



Add a Protein,
Carb, and Fat in
Each Meal

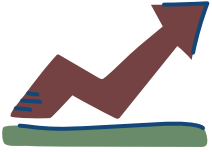


Start a Food &
Mood Journal

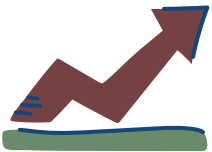


Create a nightly
unwind routine

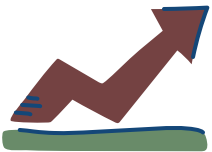
Notice These Improvements



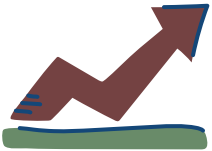
More Energy



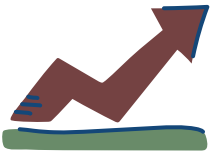
Better Sleep



Less Digestive Upset



Improved Mood



Satisfaction in Each Meal

Want More? Work With Me

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