

Nutrition Services Offered by Nora Clemens, our Registered Dietitian Nutritionist

Wellness Nutrition, Weight Management, Food Sensitivities,
Digestive Disorders, Vegetarian Lifestyle,

Chronic Illnesses: Diabetes, Cardiac, Kidney Disorders, Osteoporosis, Autoimmune Disorders,
GetFit21 Challenge: 21 day group online weight loss and fitness program

DESCRIPTION OF NUTRITION SERVICES

Wellness Basics: This 2 session program is designed for those that have very specific medical conditions such as, but not limited to, blood sugar balancing, elevated lipids/cholesterol, digestive disorders, osteoporosis, gluten intolerance, autoimmune conditions, and want to know how to improve and manage conditions via diet and appropriate supplementation. Includes an initial and follow up session.

Follow up sessions: When making changes in nutrition to impact health, this is done over time, thus a well-planned sequence of follow up sessions ensures each person is implementing the plan and is achieving the desired outcome.

Weight Loss Program: This 12 week program is for persons seeking to lose weight and learn how to make healthy food choices to promote optimal health. Learn how to read food labels, shop, prepare and plan healthy meals and make good food choices at home or dining out that optimize metabolism, with an ultimate goal of achieving weight maintenance.

Elimination Diet for Food Sensitivities: This program is for those who suspect that food sensitivities are impacting their health, leading to symptoms including but not limited to GI issues, headaches, fatigue, skin conditions, and musculoskeletal pain. After receiving MRT test results, the elimination protocol is introduced at the first session, 4 follow up sessions are provided to monitor and guide food choices, eliminating triggers that will lower or eliminate immune responses that promote inflammation and symptoms.

GetFit21– Private Facebook Group Online: This is a 21 day program designed to provide participants with the latest science based diet and fitness information designed to improve metabolic health. The program includes:
30 day supply of our science-based, metabolism-boosting, high protein shake mix
GetFit21 downloadable resources on all aspects of healthy eating and fitness.
21 audio lessons each teaching a core fundamental to living a healthy lifestyle.
Membership in an exclusive private GetFit21 Challenge Group via Facebook.
Daily mentorship, nutrition and fitness education and accountability.

NUTRITIONAL SUPPLEMENTS



Fyzical's Nutritional Supplement portal is called Wellevate.

Visit

www.wellevate.me/Fyzical-Cattleman

and create an account to order professional brand supplements, made with quality ingredients and are third party tested to ensure purity and verify contents.

Enjoy the low flat rate shipping fee and receive 10% off on all orders, compliments of Fyzical.

Your portal for buying clean and healthy supplements and personal care products.

TEST, DON'T GUESS

Cutting edge testing to personalize your nutrition program



NutrEval

vitamin and mineral test



GI Effects

stool test for GI functionality



Breath Test

to diagnose SIBO,
common root cause of IBS



Celiac and Food Sensitivities

to assess for Celiac and
gluten sensitivities



MRT Test

to assess and treat food
sensitivities



CV Health Plus Genomics

Cardiovascular Risk with Advanced
Lipid Panel and Genomics



Adrenocortex Stress Profile

to assess cortisol and
adrenal health



Male or Female Hormone Panel

to assess for hormonal
imbalances



Neurotransmitter Testing

to assess
neurotransmitter status

HOW TO GET STARTED

- Schedule a 15 minute complimentary Discovery Phone Call with Nora – [call to schedule at 941-445-1170](tel:941-445-1170) or visit scheduling page on her website: www.nutritionandwellnessolutions.com
- Discuss your goals and nutrition concerns during the Discovery Phone Call and decide which service is desired.
- Schedule initial appointment on Nora's scheduling page at Nora's website then download start up forms to be completed and returned to Nora before the initial session (completed forms can be returned to Nora via email or snail mail to non-computer users).
- Pay for nutrition service at Fyzical front desk.
- See Nora at her office to receive nutrition services.