

**"Because everyone deserves to be healthy!"**

## ADVANCED NUTRITION

Lucyna combines energy work with advanced nutrition.

Blood Type Nutrition offers an individualized plan for every blood type. Your blood type reflects your internal chemistry and your susceptibility to illness. By knowing your blood type you can better choose the foods you should eat and avoid the most troubling health problems. Foods are absorbed differently by each blood type and each blood type handles stress differently.

It can determine:

- How your body is affected by stress.
- The proper way for your body to handle stress.
- What type of exercise is the best for your body.
- What supplements will work best in your body.

Knowing your blood type can help you fight back against life threatening diseases and help you avoid many common viruses and infections.

Genotype Nutrition expands the principles of Blood Type Nutrition by identifying six unique genetic types. The Genotype Nutrition Plan reveals previously hidden genetic strengths and weaknesses, while providing a precise diet and lifestyle plan for every individual. Genotype Nutrition demonstrates how with the right tools you can alter your genetic destiny by turning on the good genes and silencing the bad genes.

Your health risks, weight and life span can all be improved by following the Genotype Nutrition Plan that is right for you.

Detoxification is used to clear the body of all toxins. Toxins enter the body through the food and water we consume, through the air that we breathe and through our skin from everyday grooming products.

Detoxification is recommended for everybody, but will be especially helpful for people with:

- |  |                          |                                   |
|--|--------------------------|-----------------------------------|
| - Aging  | - ADD/ADHD               | - Alzheimer's Disease             |
| - Anxiety and Depression                             | - Arthritis              | - Autism                          |
| - Bipolar Disorder                                   | - Cancer                 | - Diabetes                        |
| - Eczema   |                          |                                   |
| - Infections, such as Lyme Disease, Hepatitis C, HIV | - Liver Dysfunction      |                                   |
| - Macular Degeneration                               | - Mood Disorders         | - Multiple Chemical Sensitivities |
| - Multiple Sclerosis                                 | - Neuropathy             | - Obesity                         |
| - Parkinson's Disease                                | - Reproductive Disorders | - Stroke                          |
| - Tinnitus   |                          |                                   |

By eliminating toxic build up in the body we lower the risk of developing numerous diseases which results in increased energy, improved overall health and a greater sense of well-being. Detoxification of heavy metals can be verified by hair analysis done before and after treatments

Contact us today to see how we may help you attain better health.