

HOW DO I BENEFIT FROM A NUTRITIONAL CONSULTANT?

- helps your body to achieve optimal health
- builds up your immune system to prevent chronic infections and diseases
- can help you understand the consequences of specific food choices
- empowers you to live a better lifestyle through nutrition

Do I have to eat special foods?

No, but each person is different and sensitivities vary among people such as food allergies, lactose intolerant, etc. Each client will be educated about the benefits of a sound nutritional program to encourage the body to heal itself.

INFORMATION

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A RNCP will provide you with a wealth of information and guide you on how to make the proper lifestyle changes that will have a long lasting effect on your quality of life.

Check your health care plan to see if the services of an RNCP are covered.

MY PERSONAL JOURNEY

My start as a Nutritional Consultant began when I realized my career needed a makeover. I felt that I needed to reassess where I was going in life and that if I genuinely cared about people that perhaps I could make a difference.

I graduated from the Canadian School of Natural Nutrition in 2005 and have set up my practice in my home. I speak to organizations and clubs to help to teach people how they can better improve their lives and to pay attention to what their body is saying to them.

Nutrition, I believe, is a passion and as we begin to age our path can be riddled with pain and sickness or the pleasure of learning to love life and be grateful for every day that we feel well.

I can help you to ensure that you feel this way and to make your journey through life a more pleasurable one through proper nutrition, stress relief, exercise and nutritional supplementation.

LET ME GUIDE YOU!

STRESS MANAGEMENT

DIGESTION AND RELATED PROBLEMS

WEIGHT MANAGEMENT

MENOPAUSE AND PMS

ALLERGIES

FAMILY NUTRITION

SPORTS NUTRITION



JANICE BRAYSHAW

R.H.N. R.N.C.P.

LEARN HOW TO BUILD AND MAINTAIN OPTIMAL HEALTH AND WELL-BEING.

YEARLY UPGRADING REQUIREMENTS

The International Organization of Nutritional Consultants (IONC) is an independent, non-profit voluntary organization that was established in 1983 to assure the public that RNCs meet high ethical and educational standards.

To ensure protection of the public, approved IONC members are given the designation RNCP (Registered Nutritional Consulting Practitioner) to use after their name, signifying their credibility as a nutritional consultant.

RNCs are required to carry professional liability insurance thus certain private or extended health care benefit plans cover their services. Check your policy to see if you have insurance coverage for complementary services.



Janice Brayshaw ,RHN, RNCP

22 Onondaga Place,
Woodstock, Ont. N4T 1S6

Call 536-9809

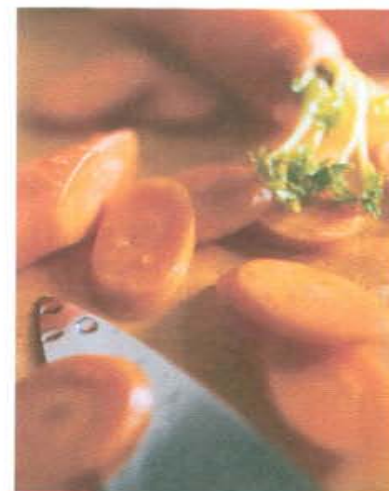
Fax (519) 539-6955
Janice@yourlifeyourhealth.ca

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YOUR LIFE

YOUR HEALTH

***A GUIDE TO BETTER
HEALTH THROUGH
NUTRITION...***



***IS WITHIN YOUR
REACH. ALL YOU
HAVE TO DO IS...***