

# Wellness Counseling Services

## **Introduction:**

By maintaining a healthy way of life, common ailments that affect American's today, can be dramatically improved and/or prevented, these include, but are not limited to: obesity, heart disease, diabetes, high blood pressure, high cholesterol, Autism, allergies, PMS, Crohn's disease, Irritable Bowel Syndrome & more. Small changes in your lifestyle, shopping, eating and activity levels can make a big difference.

Michelle Nassib is a licensed Certified Nutritionist. She is a graduate of American Health Science University in Aurora, Colorado. Through nutritional changes in her life, Michelle has been able to overcome seasonal allergies, asthma and PMS, problems that she has had since five and twelve years of age. Michelle believes in a holistic approach to nutrition, which incorporates diet, exercise, stress reduction and spirituality. If one part of the whole is out of balance, it affects all other parts.

Get reunited with your body and learn to listen to what it is telling you!

## **Counseling Services:**

### **Lifestyle Change Six Month Program**

Includes: Two – one-hour consultation sessions per month

Body composition analysis

Unlimited e-mail and phone support

Personal training session at home or gym

Informational handouts

We work together to accomplish any goals you wish. We work with your likes, dislikes, lifestyle, family environment, areas of support or stress, work, free time activities, and more.

\$600 (can be paid in \$100 monthly installments)

### **Three-Month Mini Lifestyle Change Program**

*“Recommended for those who already eat a healthy diet”*

Same as above

\$400 (can be paid in monthly installments)

### **Weight Loss Programs**

Dependent upon amount of weight to be lost

*“Pediatric and family weight loss available”*

\$50 per session

### **Disease Management or Prevention**

*“Diseases that can be helped through diet and lifestyle changes, include but are not limited to: High Blood Pressure, Diabetes, Crohn’s Disease, Asthma, Seasonal Allergies, Autism, Cancer (all types), Liver Disease.”*

\$50 per session

### **Detoxification**

*“Pollution, additives, preservatives, pesticides, herbicides are all man-made poisons that we ingest every single day. Our body cannot handle the onslaught. To ensure health, no matter how good our diet, exercise and mental attitude, detoxification is a necessary process in today’s society.”*

#### **Cleanses:**

Kidney, Liver, Colon

Six sessions \$200

Fasting and Juicing Classes

\$50 per session

Note: You will also learn herbal support in either of the above.

### **Stress Reduction**

Meditation Coaching

Visualization

Deep Breathing Techniques

½ hour session \$30

### **Seminars**

Available on any health topic at your organization

\$150 per hour + travel expenses

### **Group Sessions**

Available for any program, except Lifestyle Change Programs

Additional \$10 per person per session

### **Phone Consultation**

Available for any program