



# OPTAMIZ NUTRITION PROGRAM



The Optamiz Nutrition Program is truly unlike any other as it's designed specifically for YOU. Your body. Your goals. Your diet preference. It's based around science, so we eliminate the guesswork and provide facts. We know real food produces real results to last a lifetime.

#### If you are:

- Overwhelmed by the abundance of fad diets, gluten, and food sensitivities
- Stuck in your current diet and struggling with low energy
- Tired of prescriptions and being talked AT by your doctors
- Bloating way too much and poop way too little
- Wondering why you can't get pregnant
- Wanting to achieve peak performance

...We can help!

*Tired of trying diets that  
work for your friends,  
but not for YOU?*

#### Features:

- [Bi-Weekly Meetings](#) - Whether you want to meet face-to-face or via Zoom, we stand by your side to make sure everything is taken care of. You are our priority.
- [Individualized Nutrition Plan](#) - We know every body is unique. Whether you're sensitive to certain foods, or have particular eating habits, we work with you to create a life-long healthy living plan.
- [Physical Consult](#) - We have the team in place to help you recover from your acute or chronic injuries.
- [Personalized Supplementation Plan](#) - Whether you want to take a Micronutrient test or learn how your current medications impact your health, we have you covered.
- [Food Additives / Emulsifier Reduction Plan](#) - We teach you to recognize the toxic elements in your environment and help you eliminate them.
- [Lifestyle Changes / Implementation Methods](#) - We know it's a lot of information, so we'll introduce you to apps that will simplify your health efforts.

*Our mission is to help you achieve personal success. When you begin to understand your unique personal biology and are empowered to make smarter lifestyle choices, both you AND your happiness will improve.*



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