



Move That Mountain
Functional Health

THE PUSH

FIND YOUR POWER

"IT IS NO SECRET THAT YOU CAN TRULY EAT YOURSELF HEALTHY" OR THE OPPOSITE. WE DID NOT COME WITH A MANUAL, WE ARE NOT TAUGHT IN SCHOOL OR AT HOME HOW AND WHY TO TAKE CARE OF OUR BODY. AND THE MAIN FOCUS OF THE IDEA OF HEALTH IS STILL ON LOSING WEIGHT WITHOUT ADDRESSING THE REASON BEHIND THE GAIN.

WHEN YOU DO THE DETECTIVE WORK AND DISCOVER WHAT IS CAUSING THE INSULTS AND INFLAMMATION YOU THEN CAN BEGIN TO TREAT THE PROBLEM AND THE SIDE EFFECTS ARE, LESS BLOATING, LESS BRAIN-FOG, BETTER SKIN, MORE ENERGY AND WEIGHT LOSS.

THE DIGESTIVE SYSTEM IS THE MOST FASCINATING SYSTEM, IT IS OUR 'MOTHER BOARD' EVERYTHING YOU EAT, DRINK AND THINK, TOUCH, SMELL, AND SEE IMPACTS EVERY ORGAN, TISSUE AND CELL IN YOUR BODY. WITH MYSELF AND MY CLIENTS, I'VE WITNESSED FOOD POSITIVELY OR NEGATIVELY IMPACT EVERYTHING FROM IRRITABLE BOWEL SYNDROME (CROHN'S, IBD, DIVERTICULITIS), SKIN ISSUES, DIABETES, PAIN AND INFLAMMATION.

TO START ON YOUR SUCCESS, I HAVE RESEARCHED AND OUTLINED FIVE WAYS TO BEGIN TO IMPROVE YOUR HEALTH OVERALL.

REMEMBER, IT TOOK YOU A WHILE TO GET HERE AND YOU MUST APPRECIATE ALL YOUR HARD WORK AND BE PATIENT, YOU WILL SEE RESULTS ON THE WEIGHT SCALE, AND WILL NOTICE MORE ENERGY, BETTER FITTING CLOTHES, AND OVERALL IMPROVED HEALTH, LESS 'BRAIN FOG' BETTER SLEEP AND BETTER MOODS.

IT IS A SIMPLE PROCESS AND THERE ARE NO SECRETS, ITS ALL UP TO YOU.



1. Picture yourself Healthy and Happy
2. Believe you can achieve it.
3. Be willing to take a few new steps.
4. Be Patient and Coachable
5. Trust your self to know what you need.

If you are READY TO FEEL Heard and Feel better contact me know:

NatalieJo Flynn, at Move That Mountain Functional Health, where you will get a complete assessment and guidelines to your particular unique needs

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www.movethatmountainlife.com