

SEPTEMBER 2021 ISSUE

THE PUSH

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MOVE THAT MOUNTAIN Functional Health & Coaching

Remember when you were or had a baby in your life? Wasn't it such a priority to feed nutritious foods, watch the sugar, get enough sleep, poop! Poop was so important because babies cry when they don't poop!

NEWS FLASH, The human body got bigger but still needs the same thing it did when we were those tiny delicate beings!

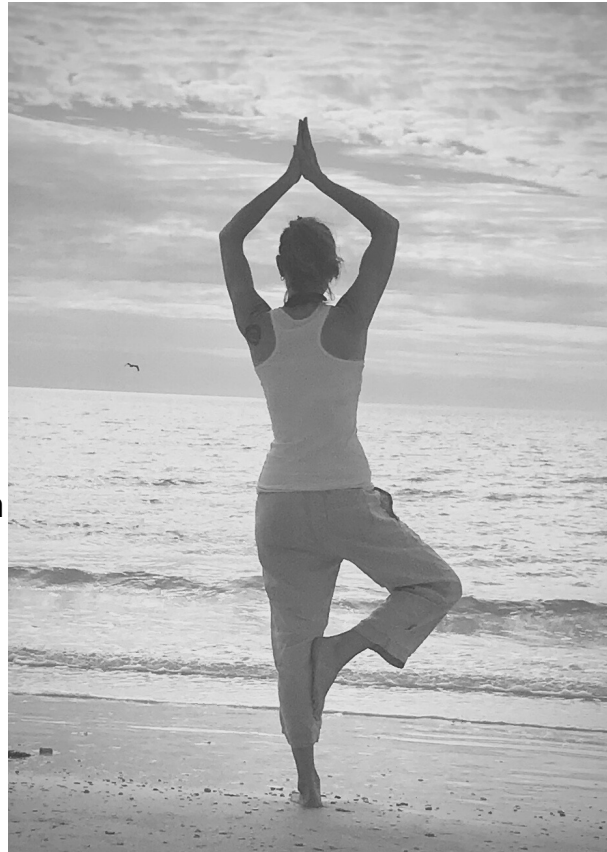
That is why I love what I know and do in functional health. I get us back to the basics we have strangely drifted away from long enough now to show up as dis-ease and dis-function of our human body.

I Do people care, not generic cookie cutter health care. How is your "Healthcare" keeping you healthy and on track, in charge of your life and health?

Are you way off your health track or have you plateaued on your current plan?

A full Health assessment can and will offer you in-site to what to do right now to improve the rest of your years.

Sign up for a Full Health & Nutrition assessment.



What is Functional Health?

Personalized, focused, health care, A Whole body wellness, approach to you and how well you are functioning, everything matters and when there is a glitch in system, it affects our body to the cells that make us living beings.

Our secret sauce is in what we eat!

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This is a picture of a highlighted
Large Intestine

Hippocrates said:

All DISEASE begins in the GUT. What
does that even mean?

Gut instinct? The gut is responsible to
decipher what we put in our mouth
and how it will be used in the body.

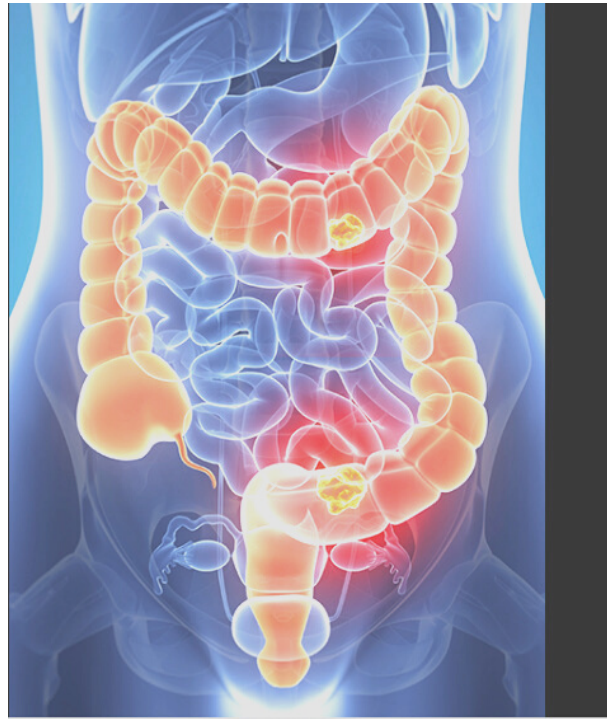
The intestine has all the receptors
and programming to send signals to
all other organs and body functions
to alert what is incoming so the body
can prepare.

Issues arise when not enough of what
the body needs and too much of what
it doesn't need takes up the energy
making waste and storing un-needed
chemicals and other processed
ingredients.

This is where the systems start to fail.
Signals in our gut will help lead us to
better living and less problems when
we tune into it.

In stress, Gut shuts down first, we
cannot even digest in stressful
situations, perceived or real.

How is your GUT Instinct lately?
A Functional Health Evaluation will allow
you to see whats going on in there!



The answers are in there, and do not come with
shiny with bells on. Many times hidden and
standard of care is not adequate for you. I take a
closer look with you into your health and
timeline to point us to what we need to
know That is when magic happens and life starts
to truly bloom! Just a push, You deserve it.

Call Natalie Jo Flynn, MSN, CNP, CHCV
Functional Health Specialist
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Newsletter by MOVE THAT MOUNTAIN Functional Health & Coaching

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Feel better soon!

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249\$ fall special

regular 329\$

Expect a Comprehensive Detailed health history
and Nutritional focused physical exam.
and a plan with steps to take right away.

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email-mtmcoachnataliejo@gmail.com

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