



RIGHT FOOD CHOICES

Species appropriate nutrition

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What if you could learn how to improve your health by just knowing which foods to choose that work **with your body** and promote **easy weight-loss** and a **healthy metabolism**?

- No calorie counting
- No Hunger
- Eat as much as you like
- More energy
- Easy to do
- Cost effective
- Eat healthy fats
- No heavy exercise
- Even some wine allowed
- Quick and permanent results

Sounds too good to be true?

If you would like to make a permanent change for the better which works and is easy to do, then maybe **RIGHT FOOD CHOICES** is for you.

Learn how to eat for our biology as humans and why with no need for dieting or calorie counting, just simply re-learning what we should be eating to optimise our health.

All information is based on the **latest dietary evidence** and a **lot of common sense**.

It is safe and effective for all age groups and for pregnancy.

Women can vastly improve their breast health by reducing their weight, because fat-tissue produces oestrogen and any excess fat adds more oestrogen to the body, increasing the risk of breast and uterine disease.

Whether you want to lose weight, improve your health and avoid high cholesterol, high blood pressure, heart and arterial disease or cancer, you can be given the tools you need to positively and permanently improve your health.

By simply eating the way we were meant to eat, you will be reducing your weight to a healthier level and actively **taking responsibility for your own well-being**.

Come and learn why other diets don't work long term and why what we believe about nutrition is right, is actually wrong, so you can make the **RIGHT FOOD CHOICES** in the future for you and your family.



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