



Real food. Real health. Real life!

“ Thanks for an amazing journey over the past 6 weeks! Everyone needs to know this. I can't believe how different I feel. ”

M. Gallagher

6-week Optimum Nutrition Intensive

with Catherine Burns, Nutritional Therapist
and Royal Gazette “Food for Thought” columnist

Join our award-winning nutrition program! Set within a small group, you'll have all the support and privacy you need to succeed long-term. You'll have the opportunity to lose weight (if you want to), improve your body composition, boost your energy and re-think lifestyle factors that have been standing in your way. Learn how nutrition really works so you can make informed choices that impact how well you feel each and every day. Choose food that nourishes you!

COST: Coverage and copays vary. Details online at www.natural.bm/coverage/

Program includes:

- One to one nutrition assessment with Catherine, tailoring the program to your needs and preferences
- Optional biometrics to determine existing body composition and goals
- Optional weekly biometric tracking to monitor weight, body fat and measurements
- One hour introductory nutrition class
- Three two-hour follow-up nutrition classes covering key fundamentals and concepts
- Label reading and grocery store tour
- Weekly meal plans and recipe suggestions
- Innovative online meal-planning resource
- Day to day email/text support from Catherine

Catherine Burns (BA Hons, Dip ION) is a fully qualified Nutritional Therapist trained by the Institute for Optimum Nutrition in London, U.K.

To find out more or sign up, please contact Catherine at catherine@natural.bm or 236-7511. Pre-registration is essential.

JUNE 2017 CONDENSED 3 WEEK EVENING OPTION

PROGRAM STRUCTURE & LOCATIONS

BIOMETRICS

Thursday 15th June 2017, at Natural Nutrition (Central Hamilton)

From 6.30pm - private weigh-in, body composition testing and measurements prior to intro class.

NUTRITION INTRO (1hr)

Thursday 15th June 2017, at Natural Nutrition (Central Hamilton)

7.30 - 8.30pm - introduction to the program and nutrition guidelines

WEEKLY NUTRITION CLASSES (2hrs)

at Natural Nutrition (Central Hamilton)
6.30-8.30pm

Tuesday 20th June: *Blood Sugar Balance, Stress & Sleep*

Monday 26th June: *Digestion & food sensitivity, Antioxidants & liver detox*

Monday 3rd July: *Good fat vs bad fat, Organics - priorities and tips*

WEEKLY BIOMETRICS (optional)

After the weekly nutrition classes. Monitor your progress as the plan kicks in and the results start to show!



Catherine Burns BA Hons, Dip ION
Nutritional Therapist

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