

REACHING YOUR HEALTH POTENTIAL WITH NUTRITION

There are many different approaches to an anti-inflammatory diet; that also support your gut microbiome. Crack the code on what's right for you through consistent & persistent effort.

Mindset & Nutrition

How can I **adjust my mindset** about the way I eat?



Your **thoughts** & your **mental & emotional** state **change** your biochemistry & digestion.

It's not just about types of foods.

How do you feel when you eat?
Stress, guilt, shame?

Address beliefs & patterns that aren't serving you.

2 key concepts to focus your lifestyle on:



How can I **decrease** inflammation in my body?

How can I **increase** my gut health?

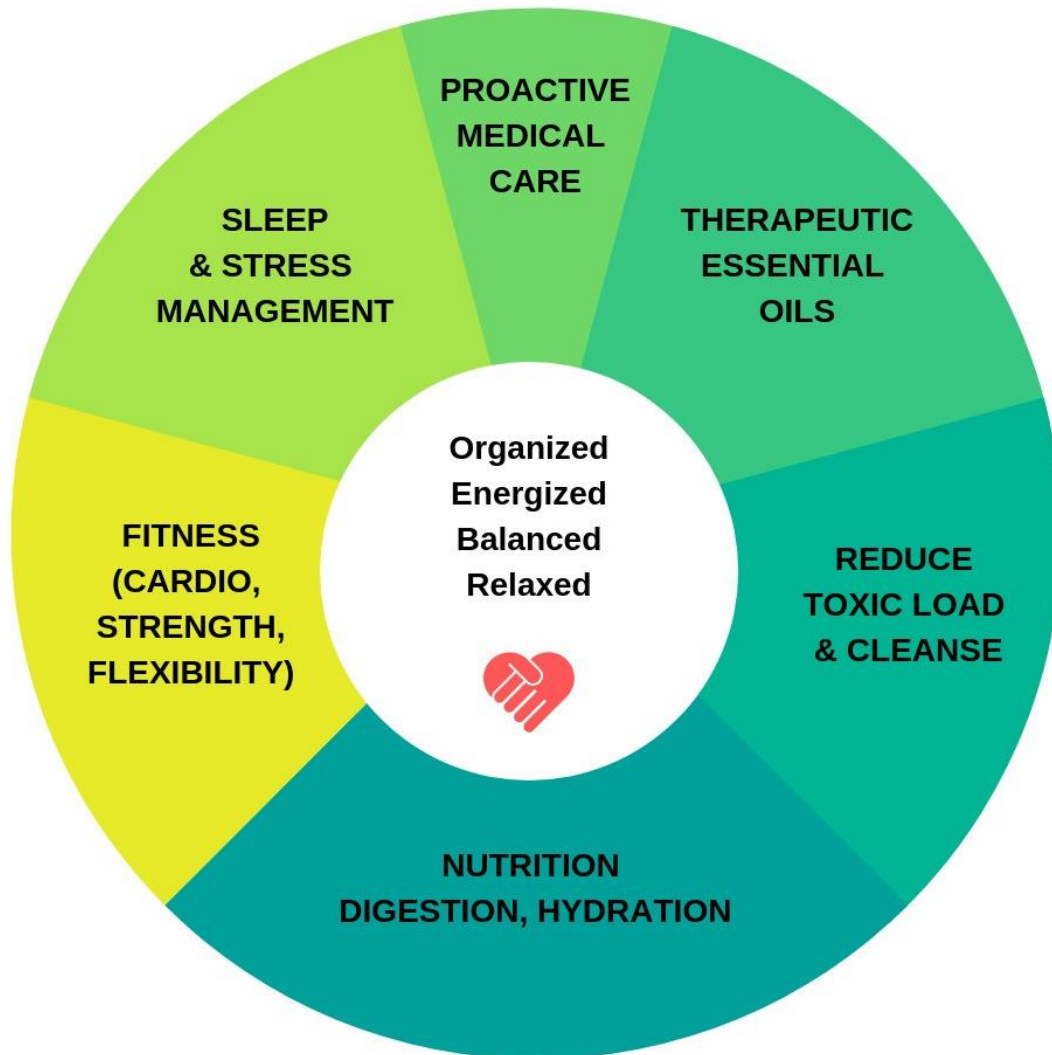
Additive Nutrition	Subtractive Nutrition

How can I improve my **supplement routine**?

Transformational Wellness- ***A Holistic Approach to Your Best Health***

The body is a holistic system, so we need to treat it with a holistic approach. Looking for the root causes of illness and the underlying triggers is a necessary step in our journey to optimal health.

Transformational Wellness



By Organized Wellness

Contact Monica Pelle, RD for individualized coaching & support:

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