

A Perfect VEGETARIAN Diet for Every Life Style and Age Group

PREPARED BY CERTIFIED HOLISTIC NUTRITIONIST



*Personal
Diet Plan
made by
Holistic
Nutritionist*

**“Let food be thy medicine
and
medicine be thy food”
Hippocrates.**

*Diabetic
High Blood
Pressure
High
Cholesterol
Senior, Child,
Youth
Pregnancy
Skin diseases
High Protein
Active-Sport
Diet
Osteoporosis
& etc.*

Holistic health is a concept in medical practice upholding that all aspects of people's needs, psychological, physical and social should be taken into account and seen as a whole.

Disease is a result of physical, emotional, spiritual, social and environmental imbalance.

FREE CONSULTATION nutrition_4life@hotmail.com