

## AGING IS A PROCESS NOT A DISEASE

GROWING OLD CHRONOLOGICALLY IS NATURAL  
GETTING OLD IS OPTIONAL  
HOW?



**CHOOSE TO MODIFY YOUR PERSONAL HEALTH FACTORS**

- Being Overweight
- High Blood Pressure
- Anxiety
- Chronic Inflammation
- Low Energy
- Sugar Handling Problems
- Allergies
- Bloating, Gas, Constipation

The Body's reactivity, expressed as symptoms, area attempts to restore balance. As licensed certified nutritionist, Mary Elizabeth Smith will partner with you as your health coach to create optimal functioning where nutritional insufficiency and toxicity exist. Mary Elizabeth offers a unique analytic tool called "Nutritional Response Testing." This non-invasive technique uses the body's reflexes to accurately determine the root cause of health problems. Mary will analyze both physical, structural and nutritional deficiencies that will allow the body to heal itself. Through this Mary Elizabeth is able to offer a comprehensive plan to bring you back into balance through the use of proper nutrition. As a new client, please take advantage of the Lumin Health Pass offered as an introduction in the creation of your personal wellness program.

COME IN AND FIND OUT WHAT FACTORS ARE IMPACTING YOUR HEALTH

### LUMIN HEALTH PASS

**PERSONALIZED WELLNESS CONSULTATION \$45.00**

**THIS IS A TWO HOUR OFFICE VISIT INVOLVING:**

- A comprehensive evaluation of your nutritional needs
- Personalized protocol design including supplement and diet (cost of supplements priced separately and are not included in evaluation charge)
- Two additional visits to review treatment program and adjust supplements

*All payment is expected at the time of service. Lumin operates on a cash, check, or credit card. Insurance does not cover our services. We will not bill or submit to insurance for reimbursement. Lumin will provide receipts for tax purposes and for reimbursement of "cafeteria" plans.*