Our specialized approach to Nutrition gets you on the fast track to wellness. Our methods also save clients' money by eliminating multiple unnecessary supplementation and vitamins. We identify specific vitamin, nutrient or mineral deficiencies in your body. We incorporate functional medicine, blood, saliva and urine analysis to ensure accuracy and provide natural supplements for only those areas where you test as deficient. Allergy testing, food sensitivities and intolerance are also evaluated and specific nutritional and lifestyle recommendations are made. Many clients come to us with 10 to 20 different products. After the comprehensive nutritional assessment and metabolic analysis, most clients leave with only the need for two or three natural products to get the best results.

One reason people are on so many different products is their body's inability to absorb or process essential vitamins and nutrients appropriately. Until this issue is addressed and corrected supplementation will not correct the problems. As with all of our methods, treatment begins with first identifying and treating the root cause of the symptoms.