

## Welcome to Rosen Wellness!

Welcome to my nutritional practice. As a Nutrition Consultant and Educator my goal is to provide clients with the education they need to make informed food and lifestyle choices. Nutrition is at the root of many of the physical and emotional issues that we face each day. By understanding how our food and lifestyle choices impact our bodies at the cellular level of function, we can find the motivation to change what we eat and how we act, allowing us to feel better on a daily basis.

Eating is only one part of a healthy lifestyle. Exercise is important, and so is relaxation. Do things that you enjoy, but take the time while doing them to experience and integrate that joy into your very being.

Many people find themselves totally confused about what is good nutrition and how it can work for them. When reading or hearing from any media source (radio, television, newspapers, magazines, the Internet), it is no wonder we are confused given all the contradictory and changing statements along with the claims put forth – good fats, bad fats; not fats; antioxidants; and of course cholesterol? Enough is enough.

In my practice I use nutrition to help balance body chemistry and improve functionality. One of the first things you do is to fill out the Symptom Survey Questionnaire, prepare a food diary, and complete the Intake Form. This helps me to understand your current lifestyle and see what you may be doing to yourself that is upsetting your body chemistry.

On your first visit we will go through your client information package, which includes:

- Lifestyle, nutrition, and diet information
- Symptom Survey questionnaire
- Nutritional functioning evaluation

Your second visit will be about one week later. During that consultation we will review the information collected and you will receive:

- Diet information and recommendations
- A computerized evaluation of your Symptom Survey questionnaire
- A personalized program of whole food concentrates to help balance your body chemistry
- A personalized nutrition and lifestyle direction for the following 90 days

Your subsequent visits will depend upon your progress and commitment to better health. Keep in mind how many years you have worked to create the symptoms that have become a part of your life. Creating a new lifestyle is not simple. It takes a team effort. That is why I'll recommend that you continue weekly visits for several weeks and then continue with monthly visits.

To your good health,  
Bernie Rosen, PhD in Holistic Nutrition

## **What is Holistic Nutrition?**

- Holistic comes from the “whole”. It deals with the body - what we do; the mind – what we think; and the spirit - what we feel.
- The Holistic approach teaches us that the body can and does repair itself. That is how the body was designed. However, we need to allow it to do so. We do this through better food and lifestyle choices.
- You don’t have to accept someone telling you, “That’s just getting old”. We can reduce the effects of aging. We can reduce the risk of disease. We can feel good – IT IS OUR RIGHT!
- STRESS is the main cause of dis-ease and poor health. This occurs at a conscious level from our relationships, our work, and our environment. And, it occurs at an unconscious and subconscious level from what we eat, what we drink, and what we think.
- Unfortunately, there is no magic pill to make us healthy. Your health is ultimately your responsibility. I hope to encourage you to follow that path.
- THE GOOD NEWS IS: If we change the inputs of what we do and what we think, the output naturally changes as well and we can feel better.
- There are some well known ways to change the inputs and reduce our stress. These include:
  - Diet
  - Supplementation (when needed)
  - Exercise
  - Relaxation
- AT THE END OF THE DAY, REMEMBER - You are what you eat. And, you eat what you are.
- BALANCE in all aspects is the key to health and vitality.