



Nutrition and Lifestyle Coaching

Wellness Topics Included:

- Weight loss
- Improve Digestion
- Reduce PMS
- Review of food journal
- Assistance with meal planning/ Recipe ideas
- Education around food combinations
- How to read food labels & identify harmful ingredients
- Energetics of food
- Sugar Addiction
- Education on various diets
 - Mediterranean
 - Low FODMAP
 - Anti-Inflammatory
 - Low Carb
 - Gluten Free
 - Intuitive eating
 - Food sensitivities

Life Coaching

- How to prioritize what's important
- Creating a sleep routine
- Stress reduction
- Exercise recommendations
- Mindfulness/Meditation
- Journal activities around mental blocks
- Identify emotional eating triggers
- Creating a more positive mindset
- Self-Care and how to make time for it

1 Hour Consultation \$75.00

30 minute follow up: \$40 available in person and on the phone

Cash or check only

Package deal buy 5 visits get one FREE: \$200.00

POEM

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