

What to Expect during Your Health Journey with...

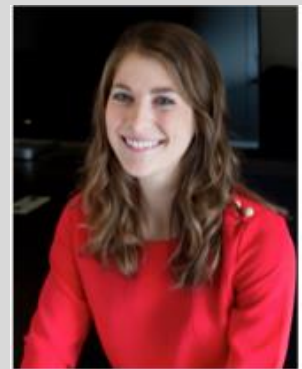
# Your Nutrition Guide

## What is the benefit and value for you?

1. Understand how to realistically implement your food plan
2. Track progress with nutritional analysis tools
3. Re evaluate, and tweak your plan as needed

**Nutrition Topics to Cover:** *We recommend nutrition appointments once a week until you understand your plan, and then continue meeting once every other week.*

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| <ol style="list-style-type: none"> <li>1. Food sensitivities: how to adjust your plan, and what do they mean?</li> <li>2. Increase vegetable consumption with various cooking methods</li> <li>3. Phytonutrients: What are they? And how to incorporate into your plan</li> <li>4. Discuss different types of fiber, and long term benefits</li> <li>5. Mindful Eating &amp; Healthy Aging/ Blue Zones</li> <li>6. Vitamin/ Mineral deficiency support</li> </ol> | <ol style="list-style-type: none"> <li>7. Detoxify- choose ingredients that help your body detox and achieve optimal pH levels</li> <li>8. Increase foods for healthy gut microbiota</li> <li>9. Navigate the new nutrition facts food label, and put it into practice</li> <li>10. Eat Local, Sustainable &amp; Organic</li> <li>11. How to travel/ eat out at restaurants on your plan</li> <li>12. Consume a healthy Omega 6:3 ratio</li> </ol> |
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## How to Schedule your first appointment, and Pricing:

**Nutrition Package:** \$398

- ✓ One 45-minute Initial Appointment
- ✓ Three 30-minute Follow-up

**\*Follow-Up Package:** \$243

- ✓ Three 30-minute follow up appointments

\*Enhance your nutrition experience with continued support and accountability! We will review goals, track progress, discuss challenges, and explore the topics above.

**Kanodia MD**  
Support Group



**Food tracking App**  
\*Cronometer-  
nutrient analysis



**Schedule your first**  
**Nutrition appointment:**  
Call 614-524-4527 Ext. 101 or  
Email Admin@KanodiaMD.com

**@KanodiaMDSupport**