**Welcome to Nutritional Impact!**

Health is a complete lifestyle.But diet is one of the most important and powerful tools that you possess considering you have full control over what you put in your mouth. You already spend your money on food, so why not select those kinds that will nourish and support every cell of your body rather than trigger imbalances and create deterioration? As a holistic nutritionist, I will guide you how to prepare the healthiest meals possible.

Please, set aside approximately 30 minutes to complete each of the assessment forms (Lifestyle Assessment and Nutritional Assessment Forms) and email or deliver them to me prior to our first meeting. In addition, fill out the 7-day Food Log and bring it with you for the initial consultation. The more details you include in your answers the more precisely I will be able to assist you with the specific dietary, supplement and lifestyle recommendations that your biochemical uniqueness requires.

If you have any questions, please, do not hesitate to contact me at [*info@nutritionalimpact.ca*](mailto:info@nutritionalimpact.ca)*.*

Marianna Duba, M.Sc., RHN

Registered Holistic Nutritionist

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