

Tracey Blahy Nutrition Counselor at All That Matters

Our nutrition counselor is passionate about food and offers a wide range of programs enabling clients to discover a more healthy and vibrant self. Whether your goal is to lose weight, feel more energized or simply make the transition to eating more healthy whole foods there is a program for you. There are no fad diets; all programs are centered around good quality food for optimal health, a balanced quality life and disease prevention.

TOTAL HEALTH NUTRITION PROGRAMS

Programs are typically 4 to 10 sessions. Tracey is also available for one-time consultations. All sessions are \$65 per hour.

Good Food - Good Body

Resolve dietary confusion while developing an understanding of balanced eating. Experience a boost to your metabolism, energy levels and confidence. This program is not a fad diet; it's about good quality food leading to a great quality of life and a body you love.

Optimal Health

Eating a whole foods plant based diet can minimize one's risk of developing (and may help cure) diseases such as arthritis, diabetes, cancer and heart disease. Maximize your potential and enhance your life with this program. Learn about the foods that promote well-being and which foods are detrimental to health.

Shop – Cook - Eat

Do you want to shop and cook healthier foods? Do you walk in health food stores and wonder what whole grains are and wish you knew how to cook with kale, sea vegetables and miso?

This program is designed to teach you about whole grains and why they are important for optimum health, what foods are considered super foods and how to incorporate them into your daily eating. You will not only learn which foods are highly nutritious and how to plan meals using them but also how to shop economically with our planet in mind.

Family Nutrition

Do you want your family to eat a more healthy diet comprised of less processed foods but don't know where to start? Studies show that eating a whole foods based diet improves energy, concentration, behavior and overall health. This program gives you all the tools to make the transition to healthy eating for you and your family.

Mood & Energy

Improve your mood, increase your energy levels and feel more balanced! During this program learn which foods have positive affects on mood and energy and how to identify and

avoid those that have a detrimental affect. Consistent energy levels lead to improved workouts, greater focus and a higher quality of day to day living.

Detox & Destress

Learn how to gently cleanse your body with whole foods; fruits, vegetables, juices and supplements and how to keep your body free from toxic build up. Eliminating toxins you're your system enhances the body's ability to absorb the nutrients which are necessary for a well functioning metabolism and immune system.

Intolerance

Have you been diagnosed with celiac disease/ have a wheat intolerance? Do you need a little help shopping and cooking with wheat free foods? This program has been designed so you will feel more confident and better equipped to eat healthy foods.

Tracey Blahy has been sharing her knowledge and passion for health and nutrition for over 15 years. She is a nutrition counselor with a BSC in Health and Nutrition from Surrey University, London and offers a wealth of experience from her studies as well as her past endeavors which include ownership of a successful personal training business and being a well-respected nutritionist and personal trainer at Equinox Fitness Center, NYC. Tracey teaches nutrition classes and works with clients at All That Matters, offering a range of nutritional programs focusing on a good quality whole foods diet that leads to optimal health. She also serves on the board of the Alternative Food Co-op, Wakefield.

For more information www.totalhealthnutrition.net