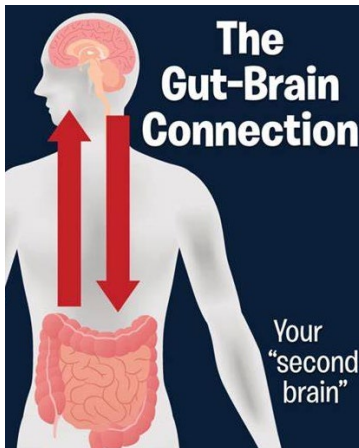


NUTRITION & WELLNESS • FOR A HEALTHY MIND



Maeson Temple, LRDN, CNSC

Food & Mood Go Hand-in-Hand

Learn How to Nourish for Improved Mental Health

What we eat impacts how we feel because the gut is closely connected to the brain (imagine a two-way street). In fact, research shows certain foods have the power to heal the body & reduce inflammation. Often the body becomes inflamed due to internal or external stressors; big life changes or events; chronic or acute illnesses. It's certainly no secret stress is at an all-time high, so join us in prioritizing your body and mind!

Meet with our Registered Dietitian Nutritionist to learn sustainable eating habits for improved gut health & mood. Sessions will focus on creating a vision for your health, setting goals, breaking through barriers, & accountability.

Nutrition Services Included:

- Private 1:1 session with RDN for 60 minutes
- Comprehensive nutrition assessment
- Nutrition education & resources
- Action plan to implement & meet goals
- Private 1:1 follow up sessions as desired for accountability (30, 45, or 60 minutes)

Other Benefits:

- Mindfulness tools
- Meal planning & recipes
- Optimizing energy
- Supplement education & recommendations
- Reviewing bloodwork/labs as needed
- Certain insurances accepted!

Contact Info

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Call or email to inquire & schedule an appointment!



MORNING STAR COUNSELING LLC