

## Dr. Angela Hanlon, B.Sc Nutrition, ND

Holistic Healing Arts Centre

### **Student Performance Program: Mental Clarity & Energy**

Problems with mental clarity and energy levels? Is your body having a hard time keeping up with the demands? I've been there.

Your priorities right now probably don't involve extensive meal prep. Your schedule probably fluctuates from busy, to extremely busy, to blowing off steam, and back to busy.

Let me help you and your body be as efficient as possible, thriving under the circumstances.

- Initial visit: 1 hour 15 minutes, \$130
  - Individualized recommendations for quick & practical food prep
  - Diet priorities
  - Tools & skills
  - 2-4 supplements to support the parts of your body system that need the most help.
  - Your plan could include adrenal support, liver/detox support, or simply addressing nutrient deficiencies. It will depend on what your body needs.
  
- 3 weeks: Quick Check 15 minutes: \$25
  - Make sure you're on track and address any particular issues you're having with the recommendations.
  
- 6-8 weeks: Sustainability Plan \$75
  - Discuss the long term plan, ensuring that it's reasonable and sustainable.

\*Note: rates at the clinic may change over time

*If you have a health care plan, you likely have coverage for this.*

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