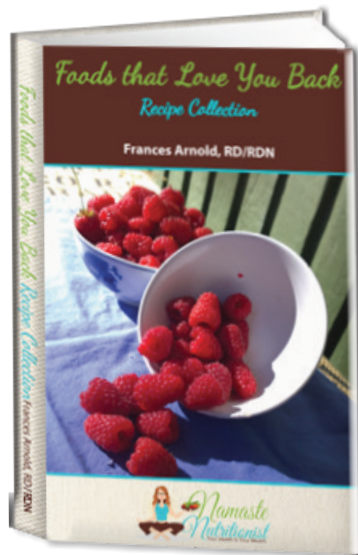


Like Free Resources?

Visit

www.NamasteNutritionist.com

to download your recipe collection.



"... I was plagued with constant fatigue, constipation, bloating, migraine, and illness (i.e. cold & flu). After using her service for couple of months, I've noticed a big difference in my health. No more fatigue, constipation, bloating, migraine, or illness. I'm a much better person with full of energy - thanks to Frances' support, encouragement, and knowledge! I highly recommend her to anyone who struggles with their health issues."

- B.S., Washington

Download free recipes here:

www.NamasteNutritionist.com

*I help clients
love the food that
loves them back.*



Frances Arnold
RD/N, CLT, ERYT

*Registered Dietitian Nutritionist,
Yoga Teacher,
Speaker*

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Lynnwood, WA 98037

*Your health
is your wealth.*



"The first wealth is health."

- Ralph Waldo Emerson

Could you use some help with
loving the foods that love you back?

Benefits

Ready to improve your energy and mental clarity?

Seeking relief from digestive problems?

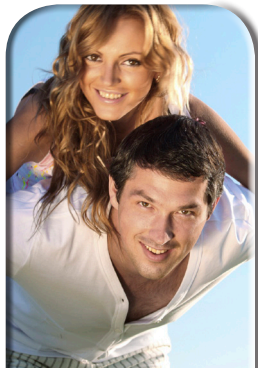
Eager to find a plan that's right for you?

Ready to release weight and feel good while doing it?

Get the expert support you need.

- ✓ You will save money that would otherwise be wasted when you aren't sure what plan to follow.
- ✓ You will save time with me.
- ✓ You will save energy because I will help clear the nutrition confusion.
- ✓ You will restore lost energy and vitality by eating foods your body wants.
- ✓ You will feel and look better when you're on the path of health and healing.

Find relief with a highly effective system that's customized to exactly what you need.



"I have been going to Frances for about a year now and I find my health has greatly improved due to her help and encouragement. With her help my digestion has much improved and I have also lost some weight. I have much more energy since following her suggested eating pattern. My time with Frances is time well spent."

- C. P., Washington

Services

"My hour with Frances was one of the most informative and enlightening times that I can remember. I highly recommend that if you are having trouble achieving your weight loss goals to consult with her and go on the grocery tour."

- Jim Bowers, MD, FACP,
Sound Health Physicians



- ✓ **Weight Release:** As you release unnecessary weight, you'll gain increased energy, health, joy and inner peace.
- ✓ **Celiac Disease and Gluten-Free Living:** Heal and restore your health with less stress and expert guidance.
- ✓ **Food Sensitivities:** Are you struggling with digestion problems, headaches, migraines, fibromyalgia, acne, or brain fog? I can help you find relief with a highly effective approach that's customized to exactly what you need.
- ✓ **Yoga Classes & Stress Release:** Accelerate your healing and rejuvenation with therapeutic yoga practices.
- ✓ **Grocery Shopping Tour:** You'll gain confidence, efficiency, and clarity around finding the healthiest choices available in the store.
- ✓ **Pantry/Kitchen Makeover:** Reset your cupboards with expert guidance.
- ✓ **Many Major Insurance Companies are accepted** for office appointments.

Testimonials

"The time I have spent with Frances Arnold has changed my life ...Her realistic approach and practical suggestions encouraged me to adopt the healthier living style in now enjoy."

- K. A., Washington



"Frances is my savior. She quickly and rightfully got to the bottom of the issue I was dealing with. She is thorough when it comes to explaining the cause of the issue. . . . She is true healer and a wonderful soul. My life quality has improved dramatically. I am so glad that I found her."

- S. B., Washington

"For about 20 years I have tried everything possible . . . to try and ease my physical pain. By the end of the first week, I was feeling very little joint pain. My headaches subsided, and my digestive track was making some major changes for the better. Through it all, Frances has been readily available. I couldn't be happier."

- D. H., Washington

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