



WHY DETOXIFY

The burden of illness & disease is rapidly increasing world wide.. And with over 77,000 man made chemicals in our environment, it is no wonder our bodies detoxification pathways can no longer keep up. Our bodies are clever, protecting us from all these toxins by storing them in our fat cells, leaving us inflamed and overweight; Eventually leading to “dis-ease”.

Luckily, we can support our bodies to release toxicity, to nourish and restore our cells. First, we need to release what is causing our toxicity and reduce our load. Secondly, we can implement daily practices along with nutrients, antioxidants, vitamins and minerals to nourish and remove the toxicity in us.

Working together, we will assess your current level of toxicity and guide your body through a gentle detoxification process to restore your healthy balance and achieve true health and vitality.



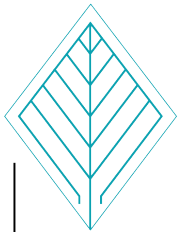
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Heal The Gut - Remove Toxins - Lose Weight Restore Energy - Achieve Balance

Take back control your **HEALTH & VITALITY** today!

www.zestfullbliss.com

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ZESTFULL BLISS

Take back control your **health & vitality** today.

OUR APPROACH HOW WE HELP YOU

All wellness consultations are completely bio-individualised resulting in a completely unique plan for the client. We support your body through natural remedies and lifestyle education for short-term relief and sustainable, long-term results for health and vitality.

Wellness is a journey. We are thrilled to meet you and walk with you, to motivate, awaken and empower your every step through embracing progress over perfection.

A free 30-minute consultation is available to all new clients; together we review pricing options and flexible plans!

The 12 Week Vitality Program

A bio-individualised, Integrative Health Program designed to improve your health and vitality.

The Vitality Program is designed to provide education on foundational lifestyle changes needed to improve your health. We use an integrative approach in our program, providing you access to state-of-the-art functional medicine lab testing, as well as Bio-regulatory and Ayurvedic supplementation and protocols to address your individual needs. We educate you on lifestyle choices you can make to support your body to be the best it can including diet, exercise, stress, toxins, rest, emotions, supplementation and success mindset.

We offer three levels of service in our vitality program.

Call us on 0429064442 for your free wellness call.

WHY INTEGRATIVE HEALTH?

Due to life stresses and toxins, the body becomes tired and inflamed leading to weight gain/loss, digestive issues, hormonal imbalances, low vitality, and finally "dis-ease". Through detail methodologies and Functional Medicine lab testing the goal is to get to the root cause of your illness, to rebalance and heal your mind, body and soul. Once the root cause is identified, we work with your body to bring about natural restoration through lifestyle education, detox protocols, nutrition, exercise, reducing toxin exposure, managing stress, emotional balancing and quality supplementation. And, in return, you become the best version of yourself for you, your lifestyle and those around you.

Health is not a quick fix, we can get you some quick wins and work together for a long term approach to help you uncover and maintain your health potential. If you have been struggling on your healing journey and want a brighter future, we are here to support and guide you on your path to health and vitality.

COMMON IMBALANCES WE HELP ADDRESS

DIGESTION

Bloating
Constipation
Hunger
Bacterial & fungal overgrowth
Acne/eczema/rashes

HORMONES

PMS symptoms
Acne
Low libido
Hair loss
Weight gain
Poor sleep

WEIGHT

Loss/maintain/gain weight
Low energy
Nutrition education
Stomach weight

ENERGY

Always tired
Easily fatigued
Poor muscle recover
Inability to sleep

STRESS

Anxiety
Brain fog
Insomnia
Regular illnesses

AND MORE

Brittle or thin hair skin or nails?
Head aches or migraines
Joint pain or tingling
Frequent illnesses