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| Natural Manna - March 2015 Newsletter |

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| **Dietary Analysis****Natural Manna's New Service**In response to concerns from clients who wish to ensure that their diets contain the essential nutrients they need for their specific health status I am now delighted to inform you that this service is now LIVE!Having spent 6 months researching the various programmes developed by nutrition scientists and trialling this through January and February, the one I have invested in on behalf of you, my valued clients enables me to offer a much enhanced service, especially to those with ongoing health conditions. These are just a few of the features I will be offering:* Nutrient Analysis of food intake
* Reports detailing average intake of liquid, essential nutrients and breakdown of intake of main food groups and fibre
* Calories required for Basal Metabolic Rate
* Analysis of  daily activity
* Weight Management Chart
* Blood Pressure/Glucose Monitoring
* Recipe analysis

The benefits of this service:* You will see at a glance if you are achieving a required level of nutrients through your food choices
* I am able to enter parameters of certain nutrient groups for specific health conditions e.g. Type 2 Diabetics, Cholesterol, Essential Fats for those with stress or mental health problems
* You gain extra control over your health
* I can link this service with your Nutrition Profile and provide an even more comprehensive service to ensure you achieve your health goals now and in the future
* The reports come straight to your inbox in PDF form along with my advice as to how to balance any potential deficiencies.

The Cons:* There is a Food and Activity Diary for you to complete for the weeks/months that you subscribe to the service
* There will be a cost!

The minimum duration of the service is 2 weeks at a cost of £20.  Thereafter:  1 month - £35.00                    2 - 4 months - £30 per month                    5 - 6 months - £27.50 per monthTo subscribe to this new service contact me via my email naturalmannanutrition@gmail.com or telephone/text me on 07979 606725  |

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| Graph showing 1 week's Calories Consumed Report |

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| Pictogram of 1 week's Average Intake of Essential Nutrients |

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