



CLIENT TESTIMONIAL

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I originally contacted CJ for nutritional counseling. I have Type 2 diabetes. I wanted to lose a few pounds and to take less diabetes meds. I am so glad I reached out. I have more energy and overall feel great. She is so much more than a nutritionist. She truly is a caring all around life coach, a sympathetic listener, and great teacher. Our biweekly sessions keep me on track and always provide helpful tools for my “new healthy lifestyle.” I learned how to avoid and replace foods to which I have sensitivities, to eat “clean,” manage portion sizes and read labels. I lowered my A1C and lost 10 pounds. She also provided me with tools to improve my sleep and increase my activity levels. I highly recommend CJ to assist you to achieving your health and wellness goals.

-Reva S.



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Life has not been easy, but CJ never makes me feel like I’m going through it alone, and I love that she always supports whatever decisions I decide without judgment. When you come from a place where you feel like you don’t have a support system this is everything. She has helped me learn to manage my stress and anxiety and I’m forever grateful!

-Jennifer H.



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My blood pressure was at an all time high and I was on the path of becoming diabetic. With CJ’s help I’m back in the normal BP range and my A1C is down from 6.2 to 5.1. It took some time, but I’m happy I stuck with it.

-Stephen P.