



**zen-trition**

Feed your body mind & soul to  
unleash a healthier, happier you

*“Every bite you eat is an act of  
nourishment or an act of suicide.”*

– Dr. Bruce Bond

**What do you choose?**

**Balanced healthy living or dis-ease and imbalance?**

**Could One Conversation Change Your Life?**

- Do you want to eliminate the confusion round eating and raise healthy kids in a junk food world
- Do you reach for food to anesthetize stress, uncomfortable emotions or to escape boredom?
- Are you ready to ditch the yo-yo patterns of diets and deprivation that simply haven't worked in the past?

...if you answered yes to any of these, visit [www.zen-trition.com](http://www.zen-trition.com) today or simply call 949-709-4539 to schedule your breakthrough nutrition consultation.

First 30 early birds will get 10% off all programs.  
You've got nothing to lose except self-sabotaging eating habits, excess pounds and low vitality!

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