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Do you suffer from brain fog? You know, when you can't remember your best friend's name or the name of the movie you just saw last night? Is it getting harder to focus at work and your productivity is lagging as a result?

Are you having to buy the next size up to accommodate your stomach bloat? Or maybe you're waking up as tired as you were when you went to bed?

How do I know? Because I have been where you are.

I can remember going to the doctor telling him I had the beginnings of Alzheimer's. There were times when I couldn't remember my best friend's name. I used to wear baggy tops to hide my big stomach. I had been diagnosed with Candida, IBS and Leaky Gut. I was allergic to gluten, dairy, egg yolks, and bananas! I had work to do!

I attended The Institute of Integrated Nutrition, where I studied under Dr Mark Hyman, Joel Fuhrman, and Dr. Andrew Weil just to name a few. It was profound and life changing. I also learned decisions were being made based on the profitability of the food corporations and the pharmaceutical industry whether it compromised my health or not.

This was the turning point for me. As I changed my diet, my brain fog lifted, I was able to fit into my clothes again, my stomach began to calm down and I was able to sleep through the night waking in the morning ready for the day.

**I BEGAN TO COUNT CHEMICALS NOT CALORIES!**

Are you ready to find the health path that's right for you? If so, click on the link below to schedule a 30 minute Complimentary Session to explore the best solution for you.

<https://go.oncehub.com/BarbaraMinemier>

Free Offerings - E-book Eating Healthy on the go