



RELAZENSHIPS™

VIRTUOUS VICTUALS

Holistic Nutrition Counseling

E-500 RYT, RCYT, YACEP, Holistic Nutrition and Lifestyle Practitioner, Energy Practitioner (IAYT Sattva Yoga Therapist, Ayu Counselor, and Professional Herbalist in progress)

Board Certified by the American Association of Drugless Practitioners



WHY HOLISTIC NUTRITION?

Virtuous Victuals Holistic Nutrition and Longevity counseling is a healing art and increasingly researched science developed from the ancient insights of Ayurveda, Traditional Chinese Medicine and Longevity Diet. Holistic Nutrition is an ancient wisdom in most cultures around the world. Now in the West it is a respected wellness profession. A holistic nutrition counselor not only prescribes changes to one's consumption for optimal health, but also helps to heal illness and disease. The difference between western nutrition and holistic nutrition is that holistic nutrition offers in-depth exploration into the use of food as medicine through the energetics of food, holistic health assessment tools customized to one's constitution, condition, and the season, as well as offer practical coaching skills to help achieve one's health goals. Cooking instruction, Recipes, In person and online sessions, Food preparation and delivery are services offered. There are as many treatment strategies as there are people.

As a Holistic Nutrition Counselor, Kim may prescribe holistic practices such as Ayurveda, TCM, and Longevity diet specific to your constitution. Holistic Nutrition practices within the frame of one's constitution, the food's energetic qualities, and the season helps the systems regain balance and vitality. Services are offered for people and pets! Kim will meet you wherever you are presently, using the science of these ancient practices, her experiential knowledge, research, and gift of healing intuition in adapting and applying these practices, to offer prevention and relief from pain or illness.

Holding Space In-person and Online

Complementary Introductory Phone Call. Email to schedule:

KimLauch@RELAZENSHIPS.com

CHOOSING A HOLISTIC NUTRITIONIST

Not all Holistic Nutrition information is the same. Like all of RELAZENSHIPS wellness programs, Virtuous Victuals is accredited by the American Association of Drugless Practitioners. Many of the fad diets base their research on one constitution. What works for one person may be contraindicative to another.

Kim has been offering Holistic Nutrition Counseling trainings, classes, and individual counseling since 2014, but personally adopted this lifestyle and began her education in this field in 1999. Her husband, four children, and pets are all nourished holistically, as well. She has been a member of a Community Shared Agricultural organic farm since 2011. If you are interested in beginning your holistic nutritional journey please contact to schedule a complimentary introductory phone call.

KIM HAS HELPED CHILDREN-ADULTS WITH:

- Anxiety
- Addictions
- Asthma
- Allergies
- Arthritis
- Autism
- ADHD, OCD, ADD
- Back Pain
- Cancer
- Chronic Fatigue
- Chronic Pain
- Eczema
- Flu
- Diabetes
- Depression
- Digestive Problem
- Eating Disorders
- Fibromyalgia
- Heart Disease
- Immunity
- Infertility Problems
- Inflammation
- Insomnia
- Migraines
- Weight Loss
- MS
- RSV
- Stress
- Sports Recovery and Performance Enhancement
- Trauma
- Pre and Post Natal Conditions

Pet Nutrition, too!

Learn about Kim Lauch and all of RELAZENSHIPS' Holistic Wellness Programs:

www.RELAZENSHIPS.com

