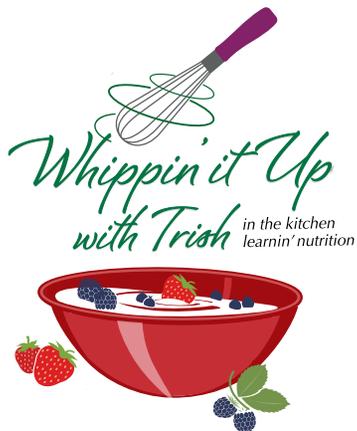


## WANT TO BECOME A GLUTEN-FREE COOKING NINJA?

*It's not nearly as difficult as you may think!*

After watching a few of my videos, you'll be in the kitchen whippin' up your own healthy and delicious creations that your entire family will love (yes, even your pickiest critics).

Designed for  
People on  
the Go!



- Feel confident and inspired by your culinary creativity with fresh seasonal whole foods
- Dishes are gluten & grain free, and 98% dairy free
- Membership videos offer recipes without refined sweeteners, and feature some raw recipes as well—all without sacrificing amazing taste!

Whether you're switching to a mostly Paleo lifestyle or just looking to incorporate healthier, sustainable ingredients, you'll learn new and fresh ideas for working with whole foods, focusing on seasonally available foods, cooking tips and tricks.

### FULL OF TIPS FOR DELICIOUS GLUTEN-FREE COOKING!

*Become a member at:*

**APassionforHealthyLiving.com**  
or call: 570-421-0665

## SERVICES & INFO

### GLUTEN FREE LIVING

- Gluten Free/Grain Free Recipes Galore
- Whippin' it Up with Trish - Online Cooking Video Membership
- Healthy Living Workshops & Tutorials
- Grain Free Cooking Online - Live *Coming Soon*
- Food Shopping Tour - Virtual & In-Person (for local clients)
- Health Coaching / Nutritional Consultation Sessions & Packages
- Nutritional Testing Resources
- Healthy Cooking Instruction (for Private or Small Groups (Local Clients))

### GETTING IN TOUCH

- Call our office or visit our website for further information on our services & products.
- Check out our Healthy Living Store
- Sessions are available via Telephone, Skype & In-Person
- Gift Certificates Available
- Group and family rates available
- Payments accepted: Cash, Check, Paypal, All Major Credit Cards

### FOLLOW US

-  [Facebook.com/NHHealthyLiving](https://www.facebook.com/NHHealthyLiving)
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-  [Vimeo.com@TrishCardone](https://vimeo.com/TrishCardone)
-  [YouTube.com@nutritionalhealingco](https://www.youtube.com/channel/UC...)

Nutritional Healing Technologies, Inc.

Trish Cardone, CN,<sup>TM</sup> CHHC, CGP

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Website: [APassionforHealthyLiving.com](http://APassionforHealthyLiving.com)



*Nutritional Healing* Technologies, Inc.



## GLUTEN-FREE COACHING FOR A HEALTHIER, MORE VIBRANT YOU!

*Wellness Coaching Sessions & Packages:*

- Auto-Immune Wellness Coaching
- Gluten Free/Grain Free Wellness Coaching
- Healthy Living Wellness Coaching
- Paleo Living Wellness Coaching



Trish Cardone, CN,<sup>TM</sup> CHHC, CGP

570-421-0665

[GlutenFreeWellnessCoach.com](http://GlutenFreeWellnessCoach.com)

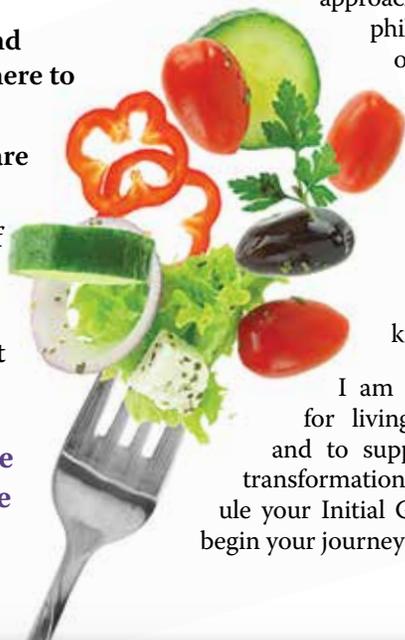
[APassionForHealthyLiving.com](http://APassionForHealthyLiving.com)

# Renew & Revitalize Your Life with Healthy Living!

## Feeling Tired? Muscle & Joint Pain? Gluten Sensitive? Not Sure What to Eat?

- **Suspect that you are gluten sensitive but very overwhelmed with the thought of going gluten-free?**
- **Do you suffer with an auto-immune disease and looking for a more natural holistic approach to wellness?**
- **Looking to improve your dietary and lifestyle habits, but just not sure where to begin?**
- **Do you often wonder which foods are best for YOUR body?**
- **Need more energy? Are you tired of fighting that constant exhaustion?**
- **Have you been trying to lose those last few, unwanted pounds, without much success?**

**If you answered “Yes” to any of the above questions, then you’ve come to the right place!**



My name is Trish Cardone. I am a certified nutritionist and board certified holistic health coach. My focus is on working with those who suffer with various auto-immune health concerns and gluten sensitivity. I work with each client as a nutritional/lifestyle coach to help them move one step closer to vibrant health.

It is my joy to support and educate each of my clients about whole food nutrition, healthy cooking and holistic approaches to healthy living. My nutritional philosophy is that there is not one way of eating that works for everyone. I believe that everyone is an individual and it is important to listen to the body’s own intuition and wisdom for answers. Food is my passion. I am excited to show you my “tried and true” cooking alternatives, as well as how to get creative with your meals and have fun in the kitchen.

I am happy to help you in your quest for living a healthier, more inspired life and to support you in creating long-lasting, transformational change. Call me today to schedule your Initial Ground Breaking Consultation and begin your journey to wellness.

## Trish Cardone, CN™, CHHC, CGP

In college, TRISH CARDONE, CN™, CHHC, CGP studied biology, nursing and the nutritional sciences. Trish has been an advocate for public health and nutrition for over 20 years. She attained her nutritional certification through American Health Science University in Colorado. She has also studied in a number of programs on Clinical Hematology, Nutritional Biochemistry and Immunology. Trish is a (CGP) Certified Gluten Practitioner and she is Tier 1 & 2, Certified by the Gluten Free Society. She has been working in the nutrition field since 1997.



Trish is also a graduate of the prestigious Institute for Integrative Nutrition® school, located in NYC, and is a Board Certified Holistic Health Coach. The Institute for Integrative Nutrition® is a holistic educational experience that draws from a wide variety of health and wellness philosophies and theories. This training has inspired her to pursue her passion of teaching clients about whole food nutrition, healthy cooking, and holistic approaches to healthy living.

Trish is an established natural foods cook/instructor. In the past, she specialized in cooking meals for those with a multitude of health problems. At the present time, Trish gives ongoing cooking classes for those with various health concerns by teaching them cooking alternatives with the omission of gluten, grains, dairy, and refined sugars.

Trish’s love for, and dedication to educating and helping people improve their health and quality of life arose from her own myriad of health problems and her quest to educate and heal herself. She has done extensive research in the health field and believes in continuing to study and learn in order to better help those in need. Trish continuously attends health and wellness seminars on all types of alternative healing. Be sure to visit her blog often for the latest updates on healthy living.

Learn how Trish & Nutritional Healing Technologies can help you at: [www.APassionforHealthyLiving.com](http://www.APassionforHealthyLiving.com)

## A Few of the Benefits You May Experience

- ✓ Renewed Vitality
- ✓ Increased Energy
- ✓ Increased Mental Clarity
- ✓ Weightloss or Stabilization
- ✓ Improved Sense of Well Being
- ✓ Improved Mental Outlook
- ✓ Improved Response to Stress
- ✓ Strengthened Immune Response
- ✓ Better Digestion
- ✓ Reduced Muscle/Joint Pain
- ✓ Better Sleep
- ✓ Improved Lab Results
- ✓ 100% Guidance/Support
- ✓ Great Food Plans / Menus
- ✓ Healthy Living Resources
- ✓ Delicious Recipes
- ✓ Educational Worksheets
- ✓ Restaurant Guidelines
- ✓ Quarterly Newsletters
- ... and More!