

Valerie's List

Top 12 Health Packages

Vitality:

Fatigue Level 1

Level 1 helps with low energy, any form of external or internal stress and for people needing a nap in the middle of the afternoon.

Fatigue Level 2

Level 2 helps with severe fatigue, not feeling rested upon waking while supporting the adrenal (stress) glands and building up your energy reserves.

Men Over 40-Libido/Well Being

May enhance sex drive while supporting sexual functioning and overall vitality.

Sleep Enhancement

Aids in falling asleep, reduces mind racing, staying asleep and reaching a deeper more restful sleep.

Sport Performance

Natural support of muscle development and strength, energy during a workout, vein definition and lowered body fat.

Women Over 40-Libido/Well Being

May enhance sex drive, motivation, well-being and overall vitality.

Emotional Support:

Anxiety Level 1

Level 1 will calm your anxiousness, lessen worry and calm your nervous energy, while inducing peacefulness to your brain's neurotransmitter systems.

Anxiety Level 2

Level 2 will help with feelings of panic, mind racing, obsessive thoughts, heart palpitations, over-stimulation, heart racing and quiets the nervous system down.

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**“OVER 30 HEALTH
PACKAGES TO
HELP YOU
FEEL BETTER!”**

Valerie Early, R.D., L.D.N., R.Ph.T., has over 20 years of experience with Medical Nutrition Therapy, testing, analyzing, and guiding her patients through hormonal, health, mental, sports performance and symptom challenges and prevention.

The new health packages called Valerie's List comes from over 20 years of clinical experience, testing, subjective and objective patient data collecting. Please consider making an individualized appointment by phone or in person with NCB so you're testing, treatments and nutrition can be individualized in greater detail! Always seek immediate attention for medical issues & diseases!

**This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



Sports Performance

Emotional Support Continued:
Depression Level 1

Level 1 helps with low mood, support motivation and overall well-being.

Depression Level 2

Level 2 helps with feelings of apathy, dread, sadness, crying and low energy. Builds up supportive pathways in the brain without causing an addiction.

Physical Support:

Bone Health

Supports stronger bones. Especially effective for osteopenia and osteoporosis conditions with all health effects instead of side effects. Strongly suggested to take all OTC for 1 year straight except for bone strengthener spray which is just used for 1 bottle. Consider re-testing bone density after 1 year of daily therapy.

Joint Health/Pain Discomfort

Provides comfort for all joints: especially knees, hips and shoulders. May lessen stiffness, pain, discomfort and inflammation. No GI, liver and cardiovascular side effects.

See more health packages at
www.nutritionconnectionbalance.com.

You'll also be able to order the health packages and get started today!!!

Valerie Early is a registered dietitian, licensed dietitian nutritionist, registered pharmacy technician, a certified advanced health and fitness specialist and a Reiki Master. Valerie received her BS degree in Food and Nutrition Science from The Florida State University. She completed her Medical Nutrition Therapy Internship at the Cleveland Clinic Foundation. Valerie has been certified by the American Council on Exercise and she's a National Marketing Director and speaker with Juice Plus.

Currently, she counsels people on the importance of preventative nutrition, sports nutrition and hormonal and neurotransmitter balancing at her private practice, Nutrition, Connection, Balance in Schaumburg, Illinois.

Valerie is personally and professionally passionate about nutrition, exercise, and alternative forms of healing and relaxation. Valerie is also a sought after motivational international speaker.

Valerie is a Mom of two athletic sons. She has competed in two natural bodybuilding contests and three marathons. She is an author of a book and has an audio CD on hormones and nutrition balancing. Visit www.nutritionconnectionbalance.com for more information or to order her educational materials. You'll see her upcoming workshops and events as well.