

## 50+ Health and Vitality



### Do you suffer from any of the following conditions?

- Arthritis
- Blood pressure
- Heart disease
- Cancer
- Alzheimer's
- Insomnia
- Menopausal symptoms
- Stress
- Weight problems

Studies have shown that vitamin and mineral deficiency can be linked to many of the above conditions. Through the use of Nutritional therapy, chronic illnesses such as the above, can often be minimized, improving the quality of life of the sufferer enabling him/her to live a more complete and re-vitalised existence.

### 50+ mini health care package

Get yourself on the right track to health with our mini health care package. This package is spread out over three weeks as follows:

- **Week 1:** Detailed dietary and lifestyle analysis with personalized eating plan including recipes, lifestyle advice and supplements where necessary.
- **Week 2:** 1 *free* reflexology treatment designed to help boost your energy levels and aid relaxation.
- **Week 3:** Follow up nutritional therapy consultation to review eating plan, progress to date and future direction.
- **Total cost of package** = 130.00euros. Gift vouchers available.

To make a booking or an enquiry please call or email us on: 01- 2116969 or 087-9193762 or email [info@pembrokehealthandwellbeing.ie](mailto:info@pembrokehealthandwellbeing.ie)

