

A New Healthier Life

18116 Hillside Ave, Jamaica, NY, 11432

Phone: 13474445672

OverviewIf you are a woman, man or have a child struggling with a weight condition I can help.I am a graduate of the professional career institute since 1995. I specialize in nutrition and fitness. Help is available for: *Eating reconstruction (portion control) (using the foods you currently eat).*Management of Stress (major contributing factor in overeating) Learn new behaviors to combat stress, stop letting stress turn into duress, learn how to turn it into Eures (beneficial energies) Anti inflamm

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