

Discover A New You!

In
2021

Make this year...your best year ever!



TOP 5 BENEFITS

- Lose Weight
- Reduce Cravings
- Gain Energy
- Better Sleep
- Balance Hormones



What We Do:

- Nutrition & Weight Coaching
- GI Distress Correction
- Lifestyle Assessments
- Cellular Toxicity Detoxification
- Food Sensitivity Management
- Diet Strategies
- Healthy Menu Planning


Welcoming New
Clients

*Appointments in person, by phone
or online through a secured video chat*

Naturally Better Nutrition, LLC

Angela Schmitt, RN, BA, MS
319-230-3531



 NaturallyBetterwithAngie

www.naturallybetternutritionist.com