



Margaret Altmeier

Ganzheitliche Ernährungsberatung / Holistic Nutrition Consultations

Holistic Nutrition Consultations Catalogue

1. Before and during pregnancy
2. During breastfeeding
3. Food for babies and small children
4. Overweight/underweight
5. Food for fitness
6. Diabetes, gout, kidney stones, thyroid under or over function, skin issues
7. Allergies
8. Yeast/fungal infections
9. Food intolerances (Gluten, Lactose, Fructose, Histamine, Sorbitol)
10. Ways to ditch sugar addiction
11. How to boost your metabolism
12. Food for a healthy heart, teeth, digestive system, immune system, respiratory system, liver, pancreas
13. Menopause
14. The elderly
15. Personalized Food Coaching (Pantry Check, assisted shopping & cooking)
16. Library of approx. 60 books that can be borrowed
17. What to eat during PCS moves. Quick, easy, cheap food. You don't have to put on weight during a PCS move.
18. Tips for Eating out
19. Cookery demos. Mam and daughter; green smoothies; quick and easy meals that don't cost the earth
20. Fallen off the wagon? I will help you get back on track.
21. Location: Stresemannstrasse 146, Raiffeisenstrasse 7 or in your home
22. Improve PT test results
23. Favorite recipe analysis
24. Tour of Margaret's kitchen