

REIKI TREATMENTS



As a proven science, all that exists is made of energy. We too are energetic beings. Thoughts and emotions are energetic waves and are transformed into physical form in our body. Stress, worries, and emotions can upset our energy balance and deplete it. These stresses play a big toll on our state of wellbeing and the body's health and harmony and can ultimately manifest in 'dis-ease'.

Reiki is an ancient Japanese healing art that promotes the flow of 'Universal-Life-Force-Energy' (also known as 'Chi') to help you restore a true sense of well-being and inner peace.

It is a profound yet subtle energy healing treatment and performed while you relax fully clothed on a massage table.

KARIN DIETRICH

Master Nutrition Therapist

Reiki Master

Over the past 12 years, Karin has experienced first hand what it means to make lifestyle changes and adapt better eating habits. 'For many years, I was eating all the wrong foods until I learned what impact they had on my body, mind, and energy levels. Now my family participates too and we all feel healthier, more resistant and balanced'.

This self-transformation lead Karin to take up studies in nutrition therapy at the acclaimed holistic Nutrition Therapy Institute in Denver. 'I look at the state of health of our nation and I just felt that I had to play a part in educating and helping people to reclaim their health.'

Karin has been a Reiki practitioner since 2002. Reiki treatments are well suited to support and accelerate your personal progress with nutrition therapy.

Call for a free 30-minute introductory session and find out how you can benefit from nutrition counseling.

Take advantage of Karin's student rates and empower yourself to take charge of your health.

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Lilypond LLC

**Nutrition Therapy and Reiki
Treatments**



**Empower Yourself To Change
Your Life**

NUTRITION — THE CORNERSTONE OF YOUR HEALTH



Fast foods and processed foods have impacted our lives on many levels.

Have you ever wondered why despite much progress in medicine in this age of 'plenty', we've seen a marked increase of a long list of chronic illnesses for which we have no real cures: diabetes, heart disease, allergies, asthma, Alzheimer's, arthritis, obesity, cancer, many inflammatory conditions, and also depression and other psychological disorders, just to name a few.

What we do know is that our Western diet has changed dramatically in the past 50 years. The ingredients and nutrient mix are now vastly different plus we've added many chemicals to preserve and treat them.

Science and population studies are confirming that the foods we eat have a direct impact on our body, down to the cellular and molecular level. Sometimes, the effects of our diets may not be noticed for quite some time.

IMPROVE YOUR HEALTH WITH NUTRITION

Taking good care of our 'body-temple' includes nurturing it with the right foods. Only then will it allow us to participate in our preferred activities and enjoy life at its fullest—into old age.

Learning about the role of diet, nutrients, and lifestyle in wellness will empower you to take charge and improve your health through natural means. The only way to improve your health is by claiming responsibility for your situation and acting upon it!

Whether you have an existing medical condition or suffer from a chronic issue, want to feel better, prevent disease, or are simply interested in finding a healthier diet for you and your family, nutrition counseling will address your issues at the core level.



The right mix of food and lifestyle activities to achieve balance is unique to each person.

NUTRITION SERVICES

- Diet Analysis— to determine if your diet may be deficient in vital nutrients.
- Health assessments—nutritional impacts may affect your health.
- Individual programs are tailored to your situation and condition.
- Ongoing reevaluation and coaching to assure success.
- Children's Nutrition
- Find out which foods are helpful for your condition and learn how to integrate them into your daily diet.
- Learn ways to detoxify and balance your body systems so you feel better.
- Receive coaching and support in making successful dietary and lifestyle changes.
- Professional grade supplements are available.



Knowledge is power.
EMPOWER yourself!