

Bellaire Young Mothers Group Presents:

# Optimal Eating With Naturally Nourished

Presented by: Ali Miller, RD, LD, CDE

Integrative Dietitian , Lifestyle Educator, and Natural Foods Consultant



**Realistic approaches to long-term results!**

Ali Miller is a Registered Dietitian and Certified Diabetes Educator with a background in natural food culinary skill and integrative medicine. Ali runs Therapeutic Lifestyle programs at Naturally Nourished to identify, treat, and prevent the underlying cause of disease. She educates clients to select meals to curb cravings, limit hunger, and promote ideal body composition. Ali develops individualized meal plans and practical lifestyle changes to meet clients goals and promote vitality; guiding clients in using Food-as-Medicine to promote vitality and fight disease with your fork!

With over 300 food choices we make each day,

Ali educates her clients to focus on abundance rather than restriction!

[www.naturallynourishedRD.com](http://www.naturallynourishedRD.com)

**NATURALLY**  
*nourished*

ALI MILLER, RD

## Optimal Eating with Naturally Nourished

**Wednesday, August 7th 7-8:30pm  
@ Village Executive Suites  
2525 Robinhood St. Suite 1100  
Houston TX 77005**

**Event is FREE but must RSVP!**

Healthy eating is important for overall health. But how do we know the foods to choose vs. those to avoid and how do we navigate through all the marketing claims and fad-diets?



**Sign up today and learn about:**

**5 Top Foods to boost immune system and support growth**

**How to identify food allergies/sensitivities and natural foods replacements for common allergens**

**5 Toxic ingredients and how to keep them out of your family's bodies**

**The Mood-Food connection: ADHD to Autism to food cravings, role of brain-gut connection**

**Healthy meals and snacks in-a-FLASH**

**Optimal Patterns of Balanced eating**

**Ways to create long-term realistic changes**

**Can't wait to get started???**

**Like "Naturally Nourished RD" on facebook for updates, tips, recipes, and tricks!**