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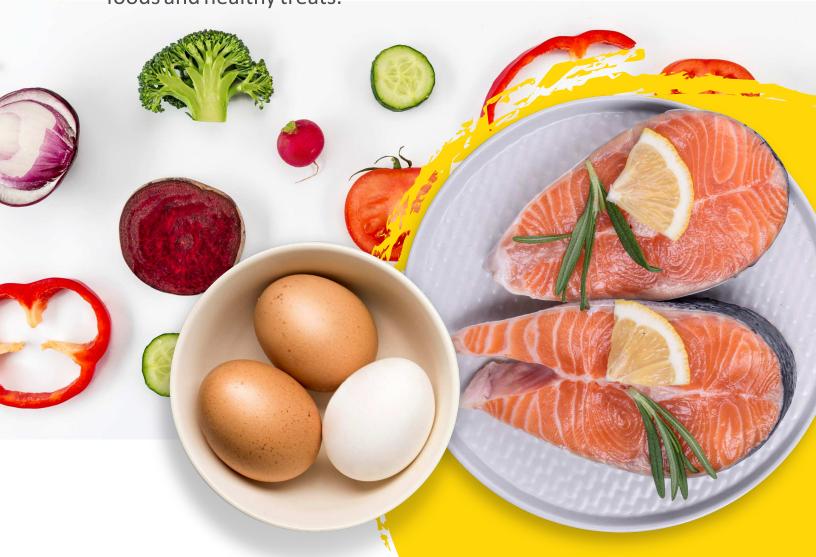
Hello, My name is eandro Pucci MS, CNS®, CKNS®, LDN, DCNs

I am an Integrative Clinical Nutritionist and Certified Ketogenic Nutrition Specialist. My passion is to empower people to take charge of their health and wellness using food, exercise, and lifestyle changes as medicine, following a functional approach to nutrition assessment. I specialize in low-carb and targeted nutrition solutions for people dealing with metabolic imbalances.



## Strategy #1

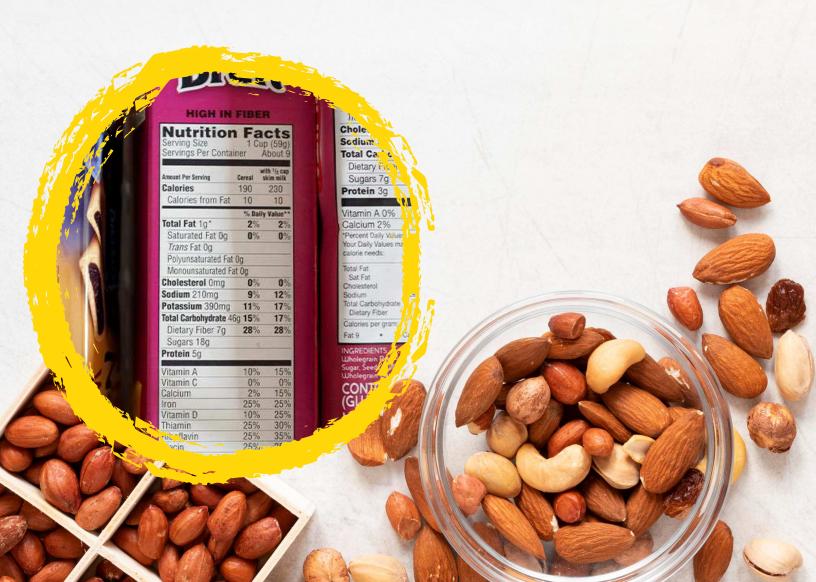
CHOOSE your food wisely, with care and compassion. Look for local, seasonal, fresh, and organic (when possible) foods. Eat the RAINBOW every day. Pick lean proteins from grass-fed and grass-finished beef, wild-caught cold-water fish, hormone-free, pasture-raised poultry and eggs. Supporting your local Farmers Market would be an excellent way to Buy most of your foods and healthy treats.



## Strategy #2

**LIMIT** and avoid what is not serving your health.

Read the food labels, avoid foods with ingredients that you can't pronounce (chemical compounds, preservatives and coloring). Let go of refined sugars and gluten-rich white flour products. Shop in the perimeter of the supermarket to avoid temptations.





**EAT REAL FOOD** stay away from highly processed foods.

**Tip:** If a label has more than 3-5 ingredients, it is a highly processed food.

Increase your intake of dark-green-leafy vegetables (kale, collard greens, beet greens, arugula, radish greens, and so much more).

Enjoy your healthy fats! Foods like avocados, nuts, olives, seeds, olive oil, coconut oil and ghee.



## Strategy #4

ADD spices and herbs to your food.

Take quality supplements.

Sleep more.

Drink more (fresh and pure) water every day.

Engage in more Exercise and Fun Times with your family and friends. Find more time for yourself: meditate, paint or dance! Take deep Breaths!

Add some Adventure to your life by exploring new things, new places and new foods!





**NOW** is the perfect time to start making little changes to your lifestyle and foods. Do not wait until Monday or The New Year. This is your life, take control of your health and go for it. If you want to listen and understand your body, know your strengths and your limits to make positive changes, book a free





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