



JANET ZDICHAVSKY RNCP ROHP

SPORTS NUTRITIONIST

A well designed nutrition program is often the critical element missing in any fitness or athletes training program. Proper attention to your diet is a must for people looking to achieve their optimal physical potential. A sound nutrition plan can help you:

- *Work 100% of your physical potential consistently in workout, training or competition*
- *Achieve body composition goals such as fat loss or muscle gain*
- *Live a healthy lifestyle*

Janet's education in sports nutrition and personal training as well as her experience in the health and fitness field and her own personal sport and fitness goals gives her the ability to look at each client/athletes individual needs, body composition, personal goals and develop tailored plans that work. Whether you are a beginner or an elite athlete, Janet can help you maximize your performance and health by optimizing your eating.

To arrange an appointment or inquire about a personal nutrition plan



PLEASE CALL: (416-) 494-0354



JANET ZDICHAVSKY RNCP ROHP

CORPORATE NUTRITION / PUBLIC SPEAKING SEMINIARS

Janet delivers informative learn-style seminars, tailored to you organizations needs. They can be set up in the boardroom, lunchroom, or any meeting space that suits your requirements. I follow up my seminars by being available for one-on-one nutritional consulting the same day or on as many occasions as required. This allows me to maintain the motivation level for those who wish to take an active role in improving their health, as well as increasing their energy levels and productivity over the long term.

- Lunch and Learn Seminars available
- Snacks for students and Learn Seminars Available
- Popular nutrition topics include:
 - *Balance, ultimate nutrition and work*
 - *Nutrition and stress management*
 - *Nutrition for energy and productivity*
 - *10 Nutrition power foods to empower your health*
 - *Fast Nutrition food healthfully-navigating the food court*
 - *Organization and your lunch box*

A free consultation is available to determine your group's unique needs and tailor a seminar and program that best suits your corporate culture/public speaking/seminar.

C
O
N
T
A
C
T

JANET ZDICHAVSKY

Nutrition Consulting

5 Parkway Forest Dr. Ste 711

Toronto, Ontario, M2J 1L2

North York, Ontario

Phone # 416-494-0354

E-mail – janetzdichavsky@yahoo.com



Any information provided is intended to provide ongoing support for your healthy lifestyle practises and not intended as a substitute for medical treatment or advice.

JANET ZDICHAVSKY RNCP ROHP

CLINICAL NUTRITION FOR A HEALTHY LIFETIME



By listening to our body, being aware of our thoughts and actions
And nourishing every level of ourselves,
We walk the path that leads to attaining balance of
mind, body and spirit

Choose now to live your best life. We can make significant differences in our health and wellness by properly watching our diet, controlling lifestyle, being active and adding nutritional supplements. Whether you want to loose weight, learn to eat healthier, meal plans for fitness and sports programs or you have a health ailment that needs nutritional support. Choose now to build a healthy, fit, age resistant body for the long term. Food is our basic foundation. What we eat can have huge effects on our mental and emotional well being also. It is my goal to help people achieve their best optimal health they deserve.

Nutrition Consulting For Today's Lifestyle

To book an appointment with Janet
call: 416- 494-0354 or e-mail:
janetzdichavsky@yahoo.com



ABOUT CLINICAL NUTRITIONIST JANET ZDICHAVSKY RNCP ROHP

As a Clinical Nutritionist, Janet is a health professional truly dedicated to providing each and every client with the best care to help them live there lives to the fullest each and every day.



Janet's journey with nutrition began over ten years ago when she became alarmed about a health issue and began rapidly self educating herself in the area of natural health and nutrition. She also had enrolled in a Nutrition program for one year and had received her certificate with Honours in Holistic Nutrition with the Edison Institute of Nutrition and by this time had turned her health issues around. Janet then learned that her brother was in the hospital dying of Liver disease. She started going to the hospital every day feeding him easy to digest nourishing and healing foods and juices for four months. Everything she did was documented and after four months her brother's doctor told her that he could go home, his liver had rejuvenated naturally and it was all because of her. She had saved her brother's life.

Janet continued her education and in another year received her Diploma in Holistic Nutrition with honours. By this time she had realized fitness was part of the healthy equation and took a Personal Training course with Can-Fit-Pro for six months learning about the body in motion, kinetics and energy expenditure, as well as fitness programs. An additional six months of Sports Nutrition put her into the health and fitness field as a Nutrition Consultant and she also started growing her private practise. Janet's on going education has put a focus on clinical nutrition to ensure her clients health and support provides them with optimal results and understanding of their health status. Her anti-aging education and experience is integrated into her programs to ensure long term results as well as the life long health benefits. Additionally she is:

- Registered Nutrition Consultant Practitioner RNCP
- Registered Orthomolecular Health Practitioner ROHP
- Sports Nutritionist and Fitness Adviser
- Has a vast knowledge of disease, nutrition and fitness which makes her a resourceful clinician


HEALTH CONDITIONS THAT CAN BE HELPED WITH TARGETED NUTRITION PRACTICES



- Overweight • Menopausal Symptoms
 - Acne • Osteoporosis • Diabetes • Liver Disease
 - PMS • Acid Reflux (Digestive complaints)
 - Fibrocystic • High Cholesterol or Triglycerides
 - High Blood Pressure • Arthritis • Low Thyroid Function
 - Recurring Urinary Tract Infections
 - Migraine • Headaches • Enlarged Prostate • Gout
 - Weak Immune System • Breast Disease
 - Chronic fatigue/Fibromyalgia • Food Allergies
 - Cold Sores, Canker Sores or Herpes
 - Constipation Inflammatory • Bowel Disease (colitis/crohn's)
 - Autoimmune Disorders
 - Heart Disease • Cancer • Eczema, Rosacea
- *The list extends much further

It has been my frustration at seeing not only I, family and friends, young and old, try to live healthy lives but still fall prey to some of our modern day disorders at younger ages. It is this that has kept leading me back for more knowledge to try to understand how these epidemics can be reversed and prevented. I am deeply devoted to helping my clients achieve the healthiest life they can.

Get Healthy Now The Natural Way...

 CALL (416-) 494-0354



WEIGHT LOSS & ANTI-AGING PROGRAM

Be The Most Beautiful You!

Conquer and Win the Will Power Battle



Welcome to a very unique weight loss program-one-of-a-kind. There is truly not anything else like this available. Make this your last weight loss program. To achieve long term changes Clinical Nutritionist Janet will teach you how to avoid repetitive weight gain and loss. Evidence clearly demonstrates that the body gets selfish in its letting go of calories after each diet. The same applies to severely low caloric intake diets. The brain remembers the dry spell and protects itself by holding onto all the calories it can in case it's in for another long winter.

How is Clinical Nutritionist Janet's Weight Loss Program Different?

- You are personally guided by a Clinical Nutritionist professional-not a sales person, trained for the position.
- The program is really a health program specifically designed to help you lose weight. It is not just a weight loss program like the others. Your health and ailments will improve while you lose the weight.
- Quality natural weight loss supplement is incorporated into the program to help you eliminate cravings and reduce appetite and increase lean muscle.

Lose Weight Fast and Keep It Off

Janet works tirelessly researching and composing information to enhance her client's health. Her work in weight loss as well as anti-aging and fitness has been extensive and rewarding. She is committed to using the highest quality products and nutritional foods for meal choices. Her extensive background in Clinical nutrition and fitness optimizes her understanding of the body in motion, energy expenditure and requirements which avails to a client a much more comprehensive and informative understanding of one's individual health and fitness status.

What else can I expect from attending Janet's program?

Because of Janet's extensive knowledge and her clinical experience, you may notice many other issues that have been plaguing you fall to the wayside. The aging process will slow down to a crawl. Since the whole body and person are being addressed you may for the first time come to understand what great health is really all about. It is a sacred commodity and encompasses far more than losing just inches and pounds.

