

## *OTHER SERVICES:*

*COLON HYDROTHERAPY*

*AYURVEDA/PANCHAKARMA*

*AYURVEDIC ESTHETICS*

*ACUPUNCTURE*

*CLINICAL MASSAGE*

*HOLISTIC/INTEGRATIVE MD*

*REIKI THERAPY*

*PANCHAKARMA RETREATS*

*INDIA SOJOURNS*

*COLON CARE CERTIFICATION SCHOOL*

*STATE OF ILLINOIS LICENSED CE SEMINARS*

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Please arrive at least 30 minutes prior to your appointment. We accept all major credit cards and personal checks. We reserve the right to charge for appointments cancelled less than 48 hours prior to time booked.

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For More Information Contact us at  
920 N. Franklin, Suite 402  
Chicago, IL 60610

Phone: 312-664-7979  
Fax: 312-664-7964

Email: [healingquestcenter@msn.com](mailto:healingquestcenter@msn.com)

HealingQuestCenter  
Chicago's Premier Ayurvedic Center



## NUTRITION CONSULTANTS

- Nutrition Consulting
- Grocery Store Walkabouts
- Cooking Classes
- Learn and Burn
- Seminars & Lectures
- Cable Show
- Continuing Education

HealingQuest  
Center



*Healers Who Truly Care*

**312.664.7979**

*Nutrition Consultants' goal is to empower people by enabling them to experience a healthier body and mind through a common sense based approach. Most people would agree with the adage that you have nothing if you don't have your health. Whatever else you possess, whether it be treasured relationships or vast material wealth; pain and health problems can eclipse it all. Each and every person has specific biochemical health needs which can be optimized with the assistance of focused personal assessment and guidance.*

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## WALKABOUT

Nutrition Consultants of Healing Quest Center's Walkabout at a health conscious grocery store is a customer-based proactive model on how to buy life giving foods while shopping wholesomely and creatively, specifically for **your** personal health goals.

Learn how to assess and purchase healthy, organic foods for delicious and quick nutritious meal preparations. Our nutritionist escorts clients through the store, explaining the varied products' attributes. During this educational walking seminar, clients and customers begin to develop a newfound relationship with wholesome foods, as well as learn to explore the importance of clean, unprocessed products. The world of healing with live foods opens up, confusion clears, and the ease of shopping for one week in less than approximately one hour moves you to a new level of awareness in taking time to care for yourself and your family.

## COOKING CLASS

Nutrition Consultants' Cooking for One Week in Less Than One Hour class takes the Walkabout experience one step further. Customers and clients learn how to cook and prepare over 14 meals and 21 snacks within approximately one hour. Food preparation becomes fun when you experience the ease of organizing delicious healthy meals for an entire week. Foods purchased during your grocery store Walkabout are used in this class. Cooking has never been more organized and quick with the recipes and insight Deborah brings to this life enhancing, educational cooking experience!

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## FEES

One on one Walkabout: 2 Hours

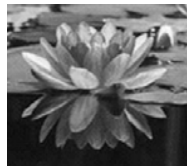
Personalized Cooking Class: 1 Hour

Cost per client: \$145.00/Hour

Please note: You may take 3 hours off Nutrition Consulting packages.

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**Tune in to *Healing Quest* cable show every Thursday night at 6:30 p.m. on JBTV Channel 25.**

## LEARN AND BURN

All you need to get your health on track! Invest 3 1/2 hours towards your health with this "nutrition in a nutshell" excursion. Begin with a 30 minute consultation which includes a 1-day dietary review, weigh-in and body fat testing. After receiving your personal food protocol, you will walk through the grocery store and learn how to become a savvy shopper. Examine food labels, understand terminology, delve into what genetically modified and hormone treated foods mean to your health potential. Return to the Healing Quest Center kitchen and learn how to cook for one week in less than one hour.

\$450.00 per person  
Group rates available

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## TESTIMONIAL

*"I have been under Nutrition Consultants' supervision for four weeks, and feel they have greatly influenced a positive lifestyle change! I have lost 8 pounds of body fat, and increased my energy from a lowly 2 to an 8 or 9. I no longer require a nap after working a 10-hour day! I can actually participate in family activities without a struggle."*  
Ed B., Chicago

