



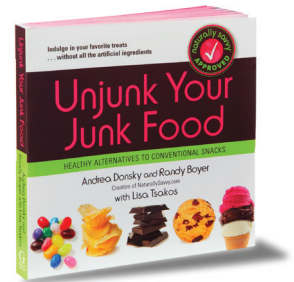
Invest in yourself, and your family, by hiring Andrea as your personal nutrition coach.

author, health + wellness speaker, nutrition coach, entrepreneur



Andrea Donsky is a Registered Holistic Nutritionist (R.H.N.) with over 15 years experience in the field of nutrition and wellness. Hiring Andrea as your personal nutrition coach will empower you to take control of your nutritional needs, starting with your food choices, so you can make the best possible choices for yourself and your family. Andrea teaches her clients how to properly read product labels, and to understand what they are eating.

Andrea is an expert on healthy living. She co-authored three books: *Unjunk Your Junk Food: Healthy Alternatives to Conventional Snacks* (Gallery Books, 2011), *Label Lessons: Your Guide to a Healthy Shopping Cart* (2013), and *Label Lessons: Unjunk Your Kid's Lunch Box* (2013).

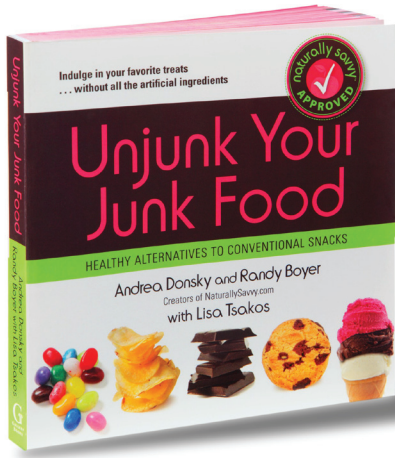


“{Andrea has} certainly made me more aware about the food that my children eat and the effects it has on our body and mind.” - Maria Shriver, *journalist, author and philanthropist*

coaching topics:

- Take The Leadership Role In Your Life: Starting with Your Health
- Embrace Change: One Choice at a Time
- Simple Strategies to Lose Weight & Feel Great
- Self-Empowerment: Healthy Living Style
- Virtual Shopping Tours: Eat Better, Live Better
- Protect Your Family from Misleading Marketing Claims
- Decode Labels: One Product at a Time
- Improve Overall Energy and Vitality





Book your appointment today and receive a **FREE** copy of Andrea's book, "Unjunk Your Junk Food" to help you get started.

Unjunk Your Junk Food: Healthy Alternatives to Conventional Snacks (Galley, 2011)



If you're looking to eat better, have more energy, and make better choices, then working with Andrea will not only help you nutritionally, but mentally and physically as well.

Her heartfelt approach comes from her own journey as a classic yo-yo dieter, an overweight adult, and from struggling with health issues that could not be resolved with conventional medicine. After losing 33 pounds, graduating from a holistic nutrition school, and overcoming her own health issues, she was able to keep the pounds off for good and now she teaches others how to do the same.

As a working mother of three, Andrea will educate and motivate you, as she understands the challenges and time constraints faced by today's families. She will provide easy-to-apply solutions for healthy eating.

Andrea will take you on a fun and interactive shopping tour that will inspire you to live your healthiest life.

Andrea is available for one-on-one and group coaching.

testimonials

“For anyone embarking on the often daunting path of trying to clean up their diets, Andrea's book is a really fine place to start.”

- Alan Arkin, *Academy Award Winning Actor*

“I was amazed at how well Andrea worked with my daughter, but even more importantly how she listened and became engaged in healthy eating. She now eats a healthy diet each day. Andrea's coaching service was the best investment we have made for our health!”

- Katherine Mansfield, *Mother to a teenage daughter*

“From the moment I met Andrea, I couldn't get enough of her! She's a walking Wikipedia for all things pertaining to health...especially when it comes to clean eating! She is hands-down one of my favorite guests!!”

- Kathy Hart,
The Eric & Kathy Show on 101.9 The Mix (#1 radio show in Chicago, IL)

“Working with Andrea was an enlightening experience that made me understand what being healthy truly means.”

- Anna Stephenson, *16 years old*

“Working with Andrea has paid off ten fold. I'm now healthier, happier, and less stressed about what I eat and feed my family.”

- Kyla Doering, *Working mother*

To schedule your complimentary 30 minute consultation:

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(416) 630-1092 x202



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