

### Creating Vitality a 6 step approach

“Things you won’t hear from your doctor about achieving your optimal weight, improving your energy and reducing your aches and pains.”

**Guest Speaker - Njeri Kai Jarvis MS, RD, LDN - Herbalist**



Are you carrying extra weight that you just can’t get rid off? Do your muscles and joints ache and make it difficult to do and enjoy the activities you used to? Do you find your energy waning midday and find yourself reaching for coffee or something sweet to get through the last part of your day? Is your focus and memory not as sharp is it used to be?

What if a few simple dietary adjustments, targeting overlooked nutritional deficiencies, tight blood sugar control and reductions in the inflammatory response could help you resolve these issues? They Can. And, you can learn how in this talk. You can also opt to participate in our 6 week Vitality makeover group where you will get weekly guidance from a nutritionist to ensure that you successfully implement these adjustments? What would life be like for you? Learn the principles of nutrition that can support you in improving your vitality.

#### In This talk You will learn -

- Simple nutrition, supplement and botanical strategies to dramatically improve blood sugar management a key staple in improving health, losing weight and improving energy.
- You will learn how to use diet to quiet inflammation and balance metabolic response.
- This talk is an orientation for a 6 week structured weight management and vitality boosting program where you will be guided to successfully implement weekly for 6 weeks the following topics  
Week 1 - Understanding the Hierarchy of Foods & Supplements for Specific Health Patterns that require reductions in inflammation

Week 2 - Removing foods and substances that do not support your specific make up or health goals and healing the Gut.

Week 3 - Recipe & Meal Planning Hacks to ensure that you can make healthy, delicious whole foods that support you in your Vitality journey

Week 4 - Fermentation Explanations and Botanical Basics that encourage improved immunity and life long non-pharmaceutical options that support health.

Week 5 - Sleep Hygiene and Stress Management Skills Boost (Emotional Freedom Technique for Weight Management)

Week 6 - Bringing it all together with exercise and physical activity and planning for the future

### **Njeri Kai Jarvis MS/RD/LDN Bio**

Owns **Bear Nutrition and Herbs**, an integrative nutrition and wellness practice located in Washington, DC. Her nutrition practice covers a wide range of health issues from body composition and weight loss to cardiac, endocrine and kidney imbalances, as well as cancer and autoimmunity. She specializes in addressing food-sensitivities as they relate to hormone and mood regulation, and long term chronic conditions.

Ms. Jarvis uses a variety of functional testing methods to look for wellness potential as well as underlying imbalances upon which to target diet and nutritional programs. She uses this testing along with an extensive health assessment to develop individualized nutrition and lifestyle programs. Her desire is that her clients realize their health potential as they create lives devoted to healthy eating and healthy living.

Njeri has a Masters in Herbal Medicine and a BS in Nutrition and Dietetics. She is a board-certified, licensed dietician with over 19 years clinical practice experience with additional study and specialization in Integrative and Functional Nutrition. She utilizes best practices for digestion, absorption, food sensitivities, inflammation and immunity support. Njeri also works to improve outcomes in this area by working with people on improving sleep hygiene through lifestyle and nutritional support. She also hosts Herbal Cordials Pop Ups around the DC region. Here, she mixes medicinal cocktails and provides health insites with massage,

yoga and live music for evenings of fun and wellness. Contact her to find out how she can support you in your journey to better health !

### Make an Appointment with her in private practice (in person or virtually)

- Washington, DC
  - at Bear Nutrition and Herbs [www.BearNutritionandHerbs.com](http://www.BearNutritionandHerbs.com) 202-390-4938
  - We take Cigna Insurance
  - In Person and Virtual consults
  - Can Provide Super Bill Receipt for submission for reimbursement with your insurance provider
- Howard County, Maryland
  - at The Natural Care Center at Maryland University of Integrative Health [www.MUIH.edu/ncc](http://www.MUIH.edu/ncc) 410-888-9048 ext 6614
  - We take Cigna and Blue Cross Blue Shield Insurance
  - In person only