

Five Point Program for Strength, Health, and Wellness

Diet

- What to eat
- What not to eat
- How much to eat
- When to eat
- Sufficient water

**Nutritional
Supplement Support**

- Identify and correct deficiencies
- Therapeutic need
- Improve sports performance

Exercise

- Use it or lose it
- Move blood and lymph
- Cardio vs. weight training
- Oxygenate cells and lower acidity
- Improve sports performance

Rest & Recovery

- Quantity of sleep
- Quality of sleep
- Natural and herbal remedies

**Positive Attitude &
Stress Reduction**

- Stress
 - Self-discipline
 - Self-motivation
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Take control of your health and wellness

If you have concerns with any of the above, we can help; achieve and succeed with all of your goals in strength, health and wellness!

Dr. Nick Theodorou
Chemist and Traditional Naturopath
Nutritional Technologies
610.258.1894 / 800.973.2436