

## Complimentary Transformation Session: What is a Health History?

**I**magine 30 minutes of undivided attention, with someone who is really interested in *you*.  
Imagine discussing the following:

- What works and what doesn't work living inside your body?
- Health-wise, what are your goals and concerns?
- What do you wish you could accomplish if you knew you would not fail?
- Is the food you are eating really helping you with your weight, health, and energy goals, or might there be some confusion?
- Do you wonder why you experience cravings?
- Do you feel more tired than you would like?

During a complimentary Health History Transformation Session, you will sit with me in the comfort of my office, or via video conferencing from your home or office, to discuss **you**. In a friendly, interactive manner, I will inquire about some of the aspects of your life, work schedule, stress level, nutrition and food practices that will shed light and provide self-discovery on your part, plus ideas for a plan to get healthier and feel better. My clients often report feeling empowered and enlightened simply by being led to inquire in ways that are new for them. Personally, I enjoy the Health History because it helps me get to know you in ways that are very interesting to me and potentially enlightening for you.

I look forward to our time together.

To schedule your complimentary Health History, click [here](#), or call or text 650-740-9500.

*Get your body to love you back!*

To your abundant good health,

**Rosie Bank**, Board Certified Integrative Nutrition and Health Coach

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