

Find the Balance in Your Life

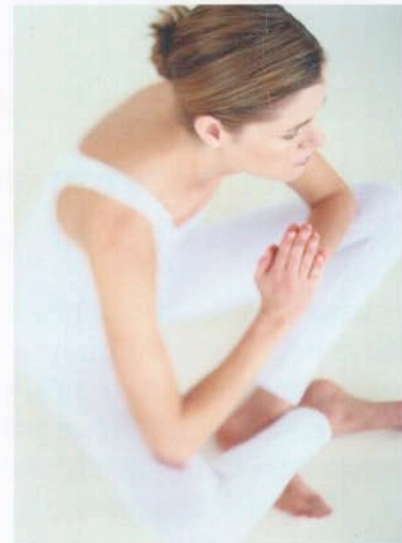
Schedule a Free
30-minute Consultation with
Julie
614-401-4634



www.balancehealthandnutrition.com



Are you struggling with poor
gut health, low energy, weight
loss resistance, digestive
woes, brain fog, or
autoimmune disease?



You can feel better in a matter of weeks

Julie Hiller RN, BSN, MSAN
Functional Nutrition Health Coach



Creator of the Inflammation Transformation
Program

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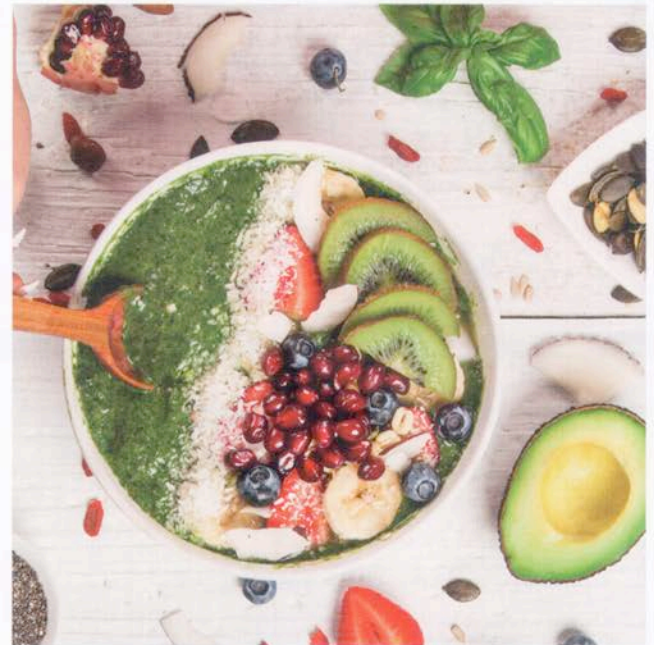


Thinking of working with a Health Coach?

As a nurse and functional nutrition health coach, I love helping women restore their gut health, regain energy, and love their life again. What pains me is when women struggle with how to incorporate all the necessary daily changes and habits into their busy lives so they can feel good again. It's not enough to want to make the changes, you need guidance to make lasting changes.

That's why I created the Inflammation Transformation™ process which provides a step by step process to heal your body.

After working with me, my clients are able to experience what it's like to be rid of their symptoms, lose weight, and feel energetic and happy for the first time in a long time.



Through a Functional Approach I can Help With

Weight Loss Resistance

Food Sensitivities

Autoimmune Disease

Mood Instability

Blood Sugar Imbalances

Brain Fog

Fatigue

Digestive Concerns

Hormone Imbalances

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