

What practitioners and clients are saying about Turning-the-Tables™

Turning-the-Tables™ nutritional house calls service is a godsend for my patients who need a knowledgeable, encouraging, nutritional guide... and who doesn't?

-----Michael Rosenbaum, M.D., Corte Madera, CA

A "nutritional house call" is the perfect way to bring the benefits and pleasures of healthy eating right to your doorstep. What a blessing!

-----Ed Bauman, Ph.D., Executive Director, Bauman Clinic and College of Nutrition and Culinary Arts

Knowledge is powerful when you take action with it. Turning-the-Tables™ is **nutrition in action**. Get the enemy out of your house and restock with food that will heal your metabolism and give you energy to burn! This is a great way to get into action and take charge of your health.

----JJ Virgin, CNS, CHFI, Nutrition on Location and nutritionist to "Superman"

What Helayne was able to teach me about my own kitchen in two hours was a life-changing experience!

----Herb Kavet, author and entrepreneur, Weyland, Mass.



turning-the-tables

Nutritional Makeovers for Health & Vitality

"Turning-the-Tables™ provides a dietary insurance policy for you and your family. What better investment could there be?"

---Nori Hudson, M.S., N.C., Family Nutrition Specialist and Nutrition Faculty, JFK University

Turning-the-Tables™
510 479 TURN (8876)

www.turning-the-tables.com

Turning-the-Tables™: Nutritional Makeovers for Health and Vitality now offers Nutritional House Calls!



Whatever it is that ails you, and your doctor both know one basic fact: good health begins at home! That's right, what' in your refrigerator and pantry has a profound influence not only on your weight, but on your susceptibility to illness, your energy levels, and even the mood you're in.

***You truly are what you eat...
and drink!***

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What's a nutritional house call?

It's a very special visit. We meet in the most important room of the house - your kitchen - listen to your concerns, and recommend a makeover that will help you unleash the power of nature's most potent healer: FOOD.

How does it work?

Based on your health goals, one of our certified nutrition educators will take a close look, with you, at what you and your family are eating. We'll identify those items that support your goals *and* those that don't. We'll suggest delicious, healthy alternatives, and even bring along scrumptious samples for you to try. For example:

- Confused about "good" vs. "bad" fats? We'll tell you all you need to know, including which fats actually help you lose weight, which fats are best for cooking, and how to store your fats and oils safely.
- Want to turn your breakfast into a protein-packed powerhouse that you can prepare in one minute or less? We'll show you how.
- Hooked on cola or diet soda? We'll teach you how to prepare an amazing berry "soda" that tastes great while it also helps normalize your blood pressure!

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Can you help with specific health challenges?

Our nutrition educators are certified by Bauman College of Nutrition and Culinary Arts and are experienced in offering dietary advice to support healing in the areas of weight management, diabetes, cardiovascular health, and digestive disorders. We can also advise those who are gluten or lactose intolerant, or suffer from common food allergies such as wheat.

Am I going to feel guilty about what you find in my pantry?

No! We will work together and leave you feeling inspired about meeting your health goals - and, getting *even more* enjoyment out of your food.

How much does it cost?

Pricing starts at \$150 and depends upon the time agreed upon for the housecall. All housecalls include your consultation, healthy samples, healthy kitchen checklists, and a copy of the 800 page resource book, "The World's Healthiest Foods."

**Call Turning-the-Tables™ to set up
your nutritional house call!**

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About Turning-the-Tables™

Turning-the-Tables™ is a family-owned nutrition education group, founded by Helayne Waldman, Ed.D., N.E.



Helayne has a doctorate in Education, is a Certified Nutrition Educator, and a Certified "First Line Therapy" lifestyle specialist.

She has been an educator for the past 25 years and is now focusing her passion for health and nutrition on teaching individuals and families about the importance of good nutrition.

Helayne is a faculty member in the Holistic Health Studies Dept. at JFK University, and a featured columnist for the Contra Costa Newspaper Group and the Daily News Group. She is also the producer of the DVD "Time for an Oil Change", emphasizing the critical role of healthy fats in our diet.

Helayne lives with her husband Rob, and daughter Julie in Oakland, CA.

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