Open to Veterans and Active Duty Military

WHERE:
Restore to Balance House
829 Old Nichols Rd
Islandia

To schedule private sessions please contact:
Lisa Gentile
Email: info@c-her.life
or call (516) 662-3801
Website: c-her.life/contact

Program offered at no cost as it is funded through grants and generous donations.

Ascension Nutrition is a program that blends the realms of science and spirituality to harmonize the body and spirit-guided by Lisa Gentile, a highly experienced Registered Dietitian and Certified Dietitian-Nutritionist with 25 years of clinical expertise who expanded her scope of practice to an integrative approach. This unique program integrates quantum wholistic embodiment with a genuine and unwavering commitment to wellness, intended to spark your curiosity towards exploring a new approach to holistic health.

Ascension Nutrition provides the opportunity to:

- Learn the vibrational frequency of foods.
- Understand the chakra energy system and how it affects your nutritional needs.
- Employ mindful techniques to optimize the nervous system and cultivate a craving for nutrient-rich foods.
- Create a nutritionally sound electromagnetic signature using mind and emotional congruency.

This program also emphasizes the potent utilization of food as medicine to combat inflammation and cellular dysregulation, as well as undertaking a thorough detoxification from physical, mental, emotional, and spiritual toxins, nourishing your entire being.

Ascension Nutrition offers a transformative journey that will inspire you to evolve and grow in ways you never thought possible. It's not just a program but a powerful catalyst for personal growth and wellness.

Pal-O-Mine Equestrian
Est. 1995

Pal-O-Mine Equestrian, Inc.
829 Old Nichols Road, Islandia, New York 11749
Phone: 631-348-1389
Fax: 631-348-1451
Email: Military@pal-o-mine.org
Website: www.Pal-O-Mine.org/programs/Military-programs/