

Let a trusted professional be your guide to wellness

If you're experiencing a health challenge and would like to explore a viable way to attain optimal well-being, here's good news. You have now found an excellent source for **making sustainable changes** in transforming the way you feel and live your life— meet **Carmina McGee**, an expert healthcare professional, Registered Dietitian, Clinical Nutritionist, and Lifestyle Educator.

“My mission and passion is to create healthy, happy vibrant lives.”

—Carmina



Benefit from a unique approach

Carmina's one-of-a-kind approach combines compassionate listening with medical, nutrition, and lifestyle expertise. **Utilizing all these tools** as the keys to better health, she has guided hundreds of men and women to achieve vitality and an excellent quality of life at any age.

She will help you discover your best possible total well-being by developing a plan based on your own individual needs. You will be encouraged to integrate **physical, emotional and spiritual health**. You will

move toward **“creating health”** instead of “fighting disease” by addressing the underlying causes of disease or disorder that can be healed through nutrition, lifestyle and self-care.

Open to working with other disciplines, Carmina also collaborates with professionals in a variety of fields of health and healing. These may include physicians, Chinese medicine practitioners, nurse practitioners, psychotherapists and a range of allied health care professionals.

Do you ever experience these feelings?

- I get frustrated with not having a health care professional who really listens to me.
- I get confused with all the diet information out there. What's good for me?
- I'm losing hope that I can find a health-care professional who treats me with a non-judgmental attitude.
- I don't know if I can ever feel positive about my body.
- I'm “sick and tired” of feeling so sick and tired. How do I get more energy?
- When I try to make changes on my own, I worry I can't sustain them.
- I'm worried my stress level is too high.
- I'm tired of struggling with my body weight.
- I have trouble controlling my blood sugar.
- I need to do something about my mood swings and hormone imbalances.
- I'm sick of taking all this medication.
- I've almost given up on finding ways to manage my pain.
- I'm concerned that I'll never feel good again.

If any of these thoughts and concerns sound familiar, Carmina McGee can help you address them and find a healthy solution.



Carmina McGee MS, RD
HEALTH • NOURISHMENT • WELL-BEING

Discover the keys to your optimal well-being



Customized treatment designed with only you in mind

From her many years of practice, Carmina has determined that the process in reaching optimum well-being is totally **different with each person**. She strongly believes there is no "one-size-fits-all" method or quick fixes. Therefore, the plan she creates and designs for you is carefully customized and tailor made to fit your needs and lifestyle.

The process begins with a comprehensive evaluation

of your medical history. Carmina also conducts an examination of your current lifestyle and nutrition practices along with other elements that make up a person's health and well-being. If needed, specialized testing is performed for determining vitamin, mineral and anti-oxidant deficiencies, neurotransmitter imbalances or food intolerances.

"I find the path to total well-being is different for every human being." –Carmina

Carmina can help with these health concerns:

- Diabetes - insulin resistance - hypoglycemia
- Heart health- hypertension, cholesterol
- Inflammatory conditions
- Food sensitivities and allergies
- Digestive problems: IBS,GERD, Acid Reflux
- Hormonal issues: thyroid, PCOS, Menopause
- Maternal nutrition support: prenatal, pregnancy, post-partum
- Mood disorders due to neurotransmitter imbalances
- Nutrition and lifestyle challenges
- And more

For a comprehensive list of services offered by Carmina, please see www.Carmina.McGee.com.

"I marry science with compassion." –Carmina

"Carmina helped me come back from the nutritional dead. I had tried everything to get my headaches under control, eliminate my acne and jumpstart my hormones. There seemed to be no solution until I began seeing Carmina." –J.D.

"I was desperate when I first came to Carmina. She addressed my dietary and sleeping issues and was able to literally cure my chronic pain. I can't thank her enough for her loving, realistic, and patient care." –V.P.

"I've had digestive problems for many years. Carmina helped me discover the root causes in addition to helping me manage my cholesterol and arthritis pain. She is caring and a knowledgeable professional whom I trust implicitly." –C.S.

Gratitude speaks volumes

The road to optimum health is one step away

Carmina counsels her clients to view the journey to optimum health as taking **one step at a time**. With every step, Carmina commits her expertise and energy to helping you reach your wellness goals. You will also come away with a set of skills to help you sustain a sense of well-being for the rest of your life.



Secure the keys to your optimal well-being. Take that important first step by contacting Carmina today for an appointment. Call **805-816-2629** or email Carmina@CarminaMcGee.com.

For more information, visit www.CarminaMcGee.com.

"True health takes awareness, education, support, courage and a willingness to make the change." –Carmina