



COLOR MY FOOD

Nutritional Therapy with Diana Galindo

Fuel Your Game

Food is not just calories; it is information that talks to your DNA and tells it what to do. The most powerful tool to change your health, environment and your world is your fork – *Mark Hyman MD*

Week 1: What to Eat

- Discover nutrition essentials in nature's bounty
- Beware 3 dangerous food groups

Week 2: Connect with your Digestion

- Digestion is a gateway for health; what does optimal digestive function look like?
- Check in to see how *your* digestion is working

Week 3: Balance Your Blood Sugar

- Blood sugar imbalances affect your energy, mood, and brain function
- Support your body's amazing balancing abilities

Week 4: Protect your Gut

- Daily practices to prevent stress from wreaking havoc
- Your sleep power to optimize performance

About Your Instructor

Diana Galindo FNT[®], RWS-1

Diana is certified as a Functional Nutritional Therapy Practitioner. Using evidence-based gut healing protocols and personalized real food nutritional plans, Diana helps clients improve their health from the inside out. Diana's 1-on-1 nutritional therapy coaching and group programs are interwoven with delicious nutritious recipes and resources. Diana envisions a future where people are empowered to use sustainably sourced nourishing food and self-care to optimize their gut health and brain health so they can enjoy vibrant, productive lives.