



Wellness with Rose
PERSONAL NUTRITION CONSULTING

The Metabolism Accelerator

1. Eliminate hidden stress _____

2. Superfoods that supercharge _____

3. Transform fat into energy _____

Disclaimer: The entire contents of this handout are based upon the opinions of Rose Cole, unless otherwise noted. The information in this handout is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Rose Cole and her community. Rose encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



4. Food formulas for optimal digestion _____

5. Emotional & Physical Renewal _____

6. Balance Your Body Chemicals _____

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