



Pregnancy Preparation

Are you thinking about starting a family? Do you seek guidance in preparing your body and mind for the big changes ahead? Or, do you simply wish to maximize your health, and your future baby's health, prior to conception?

If you answered yes, then consider booking an initial consultation with our resident Naturopathic Doctor, Kristina Kastelanac, ND. Kristina has a special interest in women's health and is passionate about working with women who wish to proactively prepare for pregnancy.

Kristina examines and addresses the following key areas of prenatal health:

DETOXIFICATION:

decrease toxic load on your future new born.

NUTRITION:

achieve optimal nutrient status so that conceiving is easy and fun!

INDIVIDUALIZED needs:

**address any underlying health concerns
to help ensure a happier,
healthier mommy.**

Call today to set up a free 15-minute consultation or to book an initial appointment. Kristina looks forward to being a part of your prenatal healthcare team!

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