

Our Menu

Initial Visit:

Discuss your intake form, health history, and health goals.
The *BioScan using new, innovative, non-invasive technology to assess your health.
Thorough report analysis.
A follow-up visit is required to review the results and to implement a personalized wellness plan and program.

Personalized Programs:

“Keep Moving Forward”:

6-month plan with 6 consultation visits
3 *BioScans measuring your progress, and unlimited email support.

“Making It Happen”:

6-month plan with 6 consultation visits
3 *BioScans measuring your progress
A Pantry Make-over, and unlimited email support.

“Feeling The Benefits”:

6-month plan with 6 consultation visits
3 *BioScans measuring your progress
A visit to a Supermarket or Farmer’s Market helping you making the right choices.

“Success, From Soup to Nuts”:

6-month plan with 6 consultations
3 *BioScans measuring your progress
A Pantry Make-over and a Supermarket or Farmer’s Market visit.

Additional Services:

Food Allergy Testing
Hair Analyses
Stool Analyses
Individual Recipe Development and meal plans
Workshops/Retreats and
Cooking Classes

Happy to be part of your path to a healthier,
happier more nutritious life!
Call me: 408 500 8982 or email
asenior@embraceyournutrition.com



Astrid E. Senior

BA, NLC, Board Certified Holistic Nutritionist



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Helping You to find
Your path to a
healthier, happier
more nutritious life



Yes, You can!

Eat your way to a healthier happier you!

Yes, you heard it correctly, you can. By eating good wholesome, nutritious food and ingredients you can transform your body, increase energy levels and improve your immune system to stave off many of those health issues that seem to plague modern life.



But, it's not that easy in today's world, where 95% of foods you will find at your local supermarket stores are likely to contain the very things that over time can be bad for your body. But they taste so good! Yes, and food can still taste great, even better. By learning how to avoid those that are over-sugared, GMO manipulated, or contain taste enhancers, preservatives, insecticides, you can eat yourself to a happier healthier you. It works I'm living proof.



Astrid E. Senior

BA, NLC, Board Certified Holistic Nutritionist

About Me:

Exhausted from chronic illnesses and tired of traditional western doctors and medicine I found my own path and am living proof that you can eat and drink yourself to a healthier, happier YOU.

I hold a BA in Public Relations and Communication from the PR Academy in Frankfurt, Germany. I completed a certified Master Nutritionist course at The Nutritious Life Studio in New York and I am a board-certified holistic nutritionist and member of the American Association of Drugless Practitioners.

When I am not with clients you can find me walking my dogs, digging, and planting in my vegetable garden, developing new recipes, or just simple forest bathing. I am looking forward to meeting and helping you on your path to a healthier and happier more nutritious life.

My approach:

Listening:

The most important part of the process is you, about your likes/dislikes, food preferences, daily routine, health concerns or issues, medication, supplements, stress and how you deal with it, and much more. Only by understanding you, your preferences and environment, and how you deal with life can we build together simple achievable goals. To look inside your body we will use Bioscan SWA, an amazing, completely noninvasive system that in less than two minutes gives us a snapshot of 250 different body systems, including hormone levels, and organ functions.

Goal setting:

Give yourself a break, Rome was not built in a day! Embrace Your Nutrition will work with you to create simple easily achievable goals backed by a completely personalized program designed to put you on the path to a healthier, happier, and more nutritious life, by eating your way to a healthier you.

Your Toolbox:

Your individualized program will be a combination of many things, but above all, it comprises small achievable changes in your lifestyle, what you put into your body, and the choices you make. More importantly, over time you will build a toolbox of mechanisms that reinforce the changes you make in your daily routine so they become the habits that will sustain you for the rest of your life.

Follow up:

Regular meetings are important in monitoring your progress and giving you the occasional nudge in the right direction. But over time the changes you will make will become habits which in turn will bring you closer to your goals. Ultimately you eat what you want, when you want, feel better, healthier and enjoy life.