

Help Me Speak

Helping people of all ages to speak, eat, sign, learn, and play! We specialize in children with apraxia, autism, &/or picky/problem eaters.

ABOUT



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JANUARY 2011

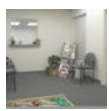
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Help Me Speak, LLC

Autism

January 09, 2011

✦ New Year, New You? NutriiVeda!

Many people make New Year's resolutions to eat healthier, change their lifestyle, lose weight, & exercise more. Is that you? If it is, I have some great information for you!!

The first step in changing your lifestyle is choosing healthier foods to eat. Once you choose healthy foods in moderation, you will lose weight. Right? Right! Next, you need to drink sufficient water, exercise, and sleep 7+ hours/night.

In order to choose healthy foods & a healthy lifestyle, try **NutriiVeda** (NV)! NutriiVeda was created by Dr. Deepak Chopra & Dr. David Simon. It is a powder made of a very high grade whey isolate protein, brown rice powder, and an Ayurvedic blend of botanicals, including Amalaki (Indian gooseberry), Harataki, Tumeric, Guggul, Green Tea, and more. www.helpmespeak.com/nutriiveda NV is gluten free, casein free, nut/tree nut free, and is tested free of heavy metals and pesticides.

The therapeutic dose of NV is 2 servings/day (2 scoops + 8 oz milk/water= 1serving). Start with 1-2 scoops/day for a week and work your way up to 4 scoops/day. It is recommended that you omit processed foods, sugar, & bad fat from your diet. Instead, add to your diet: green leafy veggies, colorful veggies, low sugar fruits, and lean proteins.

Drinking sufficient water is another important component of getting NutriiVeda to flush out your system. One of the first changes that you will notice

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Name:
Help Me Speak, LLC
Status:
Stormy day at work.
Waiting out the storm.
□□□□□□¼□□□
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522

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with NV is that your body begins to flush out toxins (ama). You will be more regular than perhaps you were prior to NV. This is a good thing! Getting the sludge out of your system allows for weight loss.

I started back on NutriiVeda again in Nov 2010. I started with one scoop per day for 1 week, then 2 scoops/day for 1 weeks, then 4 scoops/day for the rest of the time. The therapeutic dose is 4 scoops/day. I've only been at that dose since midNov. I usually mix my NV with either water or unsweetened Almond Milk.

To date, I have lost 12 pounds and am still going!

Of course, exercise, water, and sleep are important too. I have been running/walking 30 minutes/day 3-5x per week. I'm trying to incorporate more weights into my workouts. Water, water, everywhere! To drink enough, multiply your body weight by .4 That is the number of ounces that you need to drink per day.

A great side benefit for me has been a significant decrease in the number of migraines that I get per month. I used to get ~5/month and now it's 0-1/month.

To see great before & after pics, go to www.zrii.com/products/nutriiveda/testimon

To order, call or email me:

barbara.taylor@helpmespeak.com 410-442-9791

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