

LOCAVORE KETOVORE

no-cost metabolic health coaching
rooted in local food & deep nutrition science

Metabolic repair tends to have welcome effects everywhere in the body. This isn't surprising; interdependence exists at all levels, from the planetary to the cellular. Not only a junk food diet but also a well-intentioned plant-forward one can lead to digestive, immune, and nervous system stress. Ancestrally attuned, low carbohydrate and fat rich whole foods from one's own bioregion offers a different groundwork.

I consider this information vital, and sharing it is something I can do to help people stay or become well instead of becoming reliant on medicines and treatments. I offer one-on-one online meetings to look together at your metabolic health: what it is, what disrupts it, and what tends to restore it. I'm not going to tell you what to eat; rather I'll listen, share relevant information and ideas, and support you in sustainable change. The first meeting is free. If it seems I can be of further help, I suggest a \$108 donation per session to a germane non-profit, as an explicit participation in mutual care rather than a transaction.

Hendl Helen Mirra
hhmirra@posteo.net

