

2<sup>nd</sup> International E-Conference on

## NUTRITION AND FOOD SCIENCE

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### What can Hair Analysis results do for you?

Your hair can give health answers you won't find collectively elsewhere! When you have become mineral deficient, you are unable to detoxify heavy metals and toxins effectively. Regaining the balance will remove the inflammation, fatigue, and restore communication between cells so they can do their job. You can find the cause of your symptoms by using your Hair Analysis results.

Please stop masking and stomping symptoms. Temporarily feeling better is not a permanent solution. True health starts at the cellular level with re-nourishment and detoxification. We need individualized nutrition and supplement recommendations, not a generic fad or idea. With a snip of hair sent through the mail, we will know exactly what your body needs from the graphed results, look for causes of issues, and find real solutions. I use your test results to help you virtually via telephone, email, zoom, and postal service globally with no visit necessary.

I was once infertile then left with total exhaustion at 36 years old after having 4 daughters, unable to care for them. I had medically documented heart irregularities that were dismissed and told it was in my head. I know what it is like to not be believed when symptoms are real. I found answers to my health challenges through Hair Analysis so I can now wake up and end the day without fatigue or any health issues.

Let's chat so you can join my hundreds of clients who have regained their quality of life if not saved it. I've been there and I'm here to show YOU the way. I would love to answer your questions or give you tips to put into action.

### Biography:

Lisa Rufsholm has over 10 years of experience as a Nutritional Consultant specializing in Hair Analysis working with clients worldwide. Using your hair to specifically formulate what YOUR body needs, she specializes in detoxifying and rebuilding nutritional deficiencies from the cell out. She is available to support you with concerns or changes throughout your journey. She takes pride in educating, guiding, and providing the best service possible. Her primary goal is aiding people in all stages of health to a better quality of living.