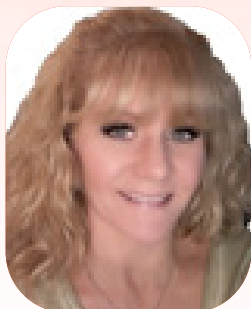


International E-Conference on

NUTRITION AND FOOD SCIENCE

December 09-10, 2020 | Virtual Webinar

**Lisa Rufsholm**

CEO, Nutrition, Scientific Nutrition, LLC, USA

Nutrition, Hair Analysis & Heavy Metal Toxicity

There are many forms of a nutritionist that help to change the diets of their client by following generalized guidelines or plans. I use an individual's chemistry by using Hair Analysis to dictate a scientific map of needs. By looking at cellular levels, ratios, and heavy metals we can create a specific plan including food choices and supplementation for each person. We can see a snapshot of their cellular health in the last month to guide the precise nutrients needed. I create a lifestyle eating plan that isn't counting calories or macros but leaves my clients full and nourished. I am also measuring heavy metal toxicities that may be affecting behavior, mental function, and physical symptoms. After fine-tuning the diet, we work on the detoxification factors to clear the heavy metals as well as other toxins. I walk clients through the detox symptoms to relieve the body of underlying causes of symptoms to their health struggles. I regularly see a good decline in my client's symptoms after their first retest at 3 months. I can measure and show improvements with science-based testing in deficits and toxicity after 90 days. Common symptoms such as fatigue, brain fog, inflammation, and digestive issues improve the fastest. From 3 to 6 months to a year, the thyroid and adrenals will also follow in a correction. I look forward to explaining the process and results that are possible to give Health At The Cellular Level™!.

Biography:

Lisa Rufsholm passion is to help those who are struggling with fatigue, thyroid & adrenal issues, digestion challenges, insomnia, infertility, etc. Most have not found relief from the medicine, tired of prescriptions with side effects as well as having symptoms dismissed as not real. Rebuilding nutrition from the cell to begin detoxifying again can correct the root cause.