



## TESTIMONIALS

### Healthy Dynamix and weight loss

I have struggled with Crohn's Disease for almost 15 years. Now that I know better food choices I have fewer flare ups with less intensity and I have lost over 80lbs. I haven't felt better since I was a high school athlete. I highly recommend Christina to anyone looking for help getting healthier.

- Neil W. --- Norwich, CT



**Neil W. before and after**

Your nutrition counseling helped me to lose 20lbs and have more steady energy to last all through my busy work days! Maureen C.--- Warren, RI

### Healthy Dynamix and stress/pain relief

Christina's Reiki therapy sessions really helped to alleviate the pain I normally have in my joints from Lyme Disease. Not only do my knees feel better but I feel more energized as well.

- Maryann R. ---South Windsor, CT

"Christine was the missing link in my quest to get healthy. She helped me put together a special food plan that works for me, and having a stable blood sugar means an end to the cravings !"

- Romayne Bono RN

I have had the pleasure of working with health coach and nutritionist Christina McKenna for over a year. Christina's background in biology and her understanding of the way foods are digested and how they affect the body enables her to educate you, so that when you make that choice of what to eat you know how it will actually affect your energy levels, your bodily functions and whether that food choice is going to benefit or hurt you. She tells you about more than just the nutrients in the food, but also what the metabolic effects are, and what nutrients to have together. That higher level of knowledge then enables you to make the right choices and know WHY you need to make them. Christina is a patient guide, and doesn't force you to do anything you don't want to do. Instead she is more like a teacher, and you are the student, who then can make choices for yourself. The result is longer lasting dietary and lifestyle changes, which will change your life! - Marilyn Dayton, Mystic, CT