

Creating Dancer Vitality: A 6 step approach

“Information you won’t hear from your doctor about achieving your optimal weight, improving energy and stamina and reducing injuries, aches and pains.”

Guest Speaker - Njeri Kai Jarvis MS, RD, LDN - Herbalist



Are you or your dancer's struggling with:

- body weight
- stress fractures
- frequent injuries
- reduced stamina
- ongoing pain between classes

If you answered yes to any or all of these, this presentation is for you.

What would dancing and performing be like for you and your dancers, if you were able to learn and implement a few simple dietary adjustments, targeting overlooked nutritional deficiencies while also supporting optimal nutrient intake and reducing inflammation (known to increase pain and injury risks)? You and your students can learn how in this talk.

You can also opt to participate in the expanded **6 week Dancer's Vitality Makeover Program** where you will get weekly guidance from a nutritionist to ensure that you successfully implement these adjustments? What would life be like for you and your students? Learn the principles of nutrition that can support you in improving your ability to dance and perform at your optimum level.

In This talk You will learn:

- How to recognize whole foods and understand the hierarchy of foods to support optimal lean muscle formation
- Simple nutrition, supplement and botanical strategies to dramatically improve proportions of protein, carbohydrate, fat and water, key staples in managing optimal weight and improving stamina and energy.
- You will learn the key foods and nutrients needed daily to ensure healthy bones and those to limit.
 - This program provides a hands on interactive "Scripted Play: Healthy Dancing Bones" where dancers act out the parts of whole foods, minerals, vitamins and more to get a comprehensive education on the physiology and biochemistry of how nutrients work in the body to support healthy bones and tissue repair to reduce injury. This interactive play provides a clear and FUN illustration of the importance of eating adequate amounts of whole foods daily.
- You will learn how to use diet to quiet inflammation and balance metabolic response, supporting reductions in aches and pains between classes and performance
- **OPTIONAL:** This talk can be used as an orientation for a **6 week structured Dancer's Vitality Makeover Program** where you and your students will be guided to successfully implement weekly for 6 weeks the following topics: (These are weekly 30-45 minute Virtual Web Conferences)
 - Week 1 - Understanding the Hierarchy of Foods & Supplements for Specific Health Patterns that require reductions in inflammation and additional supports for activity, improved stamina and strong bones
 - Week 2 - Removing foods and substances that do not support your specific make up or health goals and healing the Gut.
 - Week 3 - Recipe & Meal Planning Hacks to ensure that you can make healthy, delicious whole foods that support you in your Vitality journey
 - Week 4 - Fermentation Explanations and Botanical Basics that encourage improved immunity and life long non-pharmaceutical options that support health.
 - Week 5 - Sleep Hygiene and Stress Management Skills Boost (EFT for Weight Mgt)
 - Week 6 - Bringing it all together with exercise and physical activity and planning for the future

Njeri Kai Jarvis MS/RD/LDN Bio

Owns **Bear Nutrition and Herbs**, an integrative nutrition and wellness practice located in Washington, DC. Her nutrition practice covers a wide range of health issues from body composition and weight loss to cardiac, endocrine and kidney imbalances, as well as cancer and autoimmunity. She specializes in addressing food-sensitivities as they relate to hormone and mood regulation, and long term chronic conditions.

Ms. Jarvis uses a variety of functional testing methods to look for wellness potential as well as underlying imbalances upon which to target diet and nutritional programs. She uses this testing along with an extensive health assessment to develop individualized nutrition and lifestyle programs. Her desire is that her clients realize their health potential as they create lives devoted to healthy eating and healthy living.

Njeri has a Masters in Herbal Medicine and a BS in Nutrition and Dietetics. She is a board-certified, licensed dietician with over 19 years clinical practice experience with additional study and specialization in Integrative and Functional Nutrition. She utilizes best practices for digestion, absorption, food sensitivities, inflammation and immunity support. Njeri also works to improve outcomes in this area by working with people on improving sleep hygiene through lifestyle and nutritional support. She also hosts Herbal Cordials Pop Ups around the DC region. Here, she mixes medicinal cocktails and provides health insites with massage, yoga and live music for evenings of fun and wellness. Contact her to find out how she can support you in your journey to better health !

Make an Appointment with her in private practice (in person or virtually)

- Washington, DC
 - at Bear Nutrition and Herbs www.BearNutritionandHerbs.com 202-390-4938
 - We take Cigna Insurance
 - In Person and Virtual consults
 - Can Provide Super Bill Receipt for submission for reimbursement with your insurance provider
- Howard County, Maryland
 - at The Natural Care Center at Maryland University of Integrative Health www.MUIH.edu/ncc 410-888-9048 ext 6614
 - We take Cigna and Blue Cross Blue Shield Insurance
 - In person only