



Bear Nutrition & Herbs

# UPCOMING

## EVENTS -2021

Check Out Our  
Upcoming Events  
this Year!



Oct  
24

### 30 Day Detox Group

*Feel more Energy and Vitality while losing weight and learning the key tenants of an effective detoxification plan. Oct 24 - Nov 22*

Nov  
1

### 14 Day Detox Group

*All the benefits of the 30 Day Detox in half the time. This Detox is a great jump start to healthy weight loss. Average weight loss 8 lbs. Nov 1 -14*

Dec  
04

### Building Immunity Class

*Learn what nutrients are needed to build a resilient immune system for prevention and gain the ability to bounce back if you do get sick. 1pm - 2pm*

Jan  
15

### 10 Steps to a Healthier You Class

*Its amazing what a few simple tweaks to your daily routine can mean for your health, weight loss, mood and emotions. Learn the 10 steps we swear by! 1pm - 2pm*

Feb  
12

### Improving Sleep with Nutrition

*Having trouble falling asleep or staying asleep? Do you wake up after a full nights rest still feeling tired? If this is you, learn how to resolve these issues. 1pm -2pm*



# UPCOMING

## EVENTS - 2022

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Upcoming Events  
this Year!



**Jan  
23**

### 30 Day Detox Group

*Feel more Energy and Vitality while losing weight and learning the key tenants of an effective detoxification plan. Jan 23 - Feb 21*

**Feb  
1**

### 14 Day Detox Group

*All the benefits of the 30 Day Detox in half the time. This Detox is a great jump start to healthy weight loss. Average weight loss 8 lbs. Feb 1 -14*

### Is This You?

- Gas, Bloating
- Indigestion
- Constipation
- Increasing Food Sensitivities
- Aches & Pains
- Itching
- Constant Skin Outbreaks
- Always Tired
- Headaches, Migraines
- Difficulty losing weight
- Poor Sleep Quality, Insomnia
- Emotionally fried
- Water Retention
- Not feeling like your usual vibrant self
- Anxious, Depressed
- Difficulty focusing, brain fog
- Difficulty meal planning

### What We Support

- IBS, IBD, GERD, Gastritis
- Food Allergies
- High Cholesterol
- Diabetes, Pre-Diabetes
- High Blood Pressure
- Overweight, Obesity
- Endocrine Issues: Thyroid, Adrenal, Sex Hormone
- PCOS, Menopause Changes
- Kidney Issues (CKD 1,2,3)
- Autoimmunity: Hashimoto's, Rheumatoid Arthritis, Crohn's
- Detoxification
- Sleep Support
- Cancer
- And More

For more information:

202.390.4938 or [www.BearNutritionandHerbs.com](http://www.BearNutritionandHerbs.com)



# ONGOING

## NUTRITION

Check Out Our  
One on One Session  
Packages

### One on One DRIS Session Programs

*Our D. R. I. S (Detox, Replete, Improve Sleep) Program is a one on one Comprehensive Clinical Nutrition Program with a board certified Registered Dietitian skilled in Functional Nutrition and Herbal Medicine. We assess lab work and symptom presentation to craft a personalized nutrition plan with daily menus, recipes, exercise and support that can all be tracked within our Portal App where you can receive daily reminders and tips to help you stay on track and successfully reach your goals.*

*Same great program offered in 3 different ways to meet your needs emotionally and financially.*

#### 16 Session Program

*This Program is ideal for the person who wants to resolve their health issues and is learning how to get on track. 16 Sessions allows for wrap around support and accountability. Its perfect for the person who does well with or needs weekly or biweekly check ins to ensure success.*

#### 8 Session Program

*This is our Happy Medium. Many patients choose this option to establish a solid foundation with consistent support, follow up and accountability. Its perfect for the person who is ready to commit to improving their health without breaking the bank or intimidating time commitments.*

#### 4 Session Program

*This program is ideal for the person who has already established a good nutrition foundation or the person who is a great self starter and highly motivated to put their recommendations in action. Its perfect for the person who prefers to check in monthly or who wants ongoing accountability to remain on a healthy track.*

Ask about our Payment Plans, Discounts and Scholarships

Schedule a  
FREE 15 Minute Strategy Call

Learn which Programs will best meet your needs.





# GIVE THE GIFT OF

## ***NUTRITION***

**This  
Holiday  
Season**



Gift Certificate for the **30 Day Detox**

Gift Certificate for the **14 Day Detox**

Gift Certificate for any **1 Day Class**

Gift Certificate for **1 Day Class (3 Class Bundle)**



Gift Certificate for the DRIS  
**16 Session Program**

Gift Certificate for the DRIS  
**8 Session Program**

Gift Certificate for the DRIS  
**4 Session Program**

Ask which Gift Certificates have a 20% Discount

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