



# Lana Nelson

**Speaker, Author, Intuitive Nutritionist, Wellness Educator**

Ready to discover secrets to optimum health?

Lana Nelson shows you how to tune into your body, mind and soul in order to eat in a way that is specific to your needs.

## Presentation Topics

### The Food Codes

Most adults have tried one, two or several diets. Many are based on a cookie-cutter approach that doesn't work. One reason these diets don't work is because people are not cookies.

Lana Nelson's presentation, **The Food Codes** is based on her book by the same name.

**The Food Codes** teaches you how to eat without guilt and shame for the rest of your life! **The Food Codes** also teaches you what foods your body needs at different times, seasons and when different stresses affect your life.

Participants will discover why food that is healing and health building to one person may be a food that causes another person great distress such as pain and inflammation, bloating, weight problems, allergies, and can eventually lead to disease. This presentation will leave you in awe.

### Fully customized presentations for groups of 5 – 5,000

Lana Nelson is a down to earth, intuitive nutritionist who inspires audience with her own unique style. Recognized as a gifted speaker, Lana will leave your audience in awe, inspired and most of all, ready to take positive action on their wellbeing. Lana Nelson, while working with her husband, Dr. Bruce Nelson, created The Food Code, an intuitive approach to well-being and healthy, individualized nutrition.

### Lana Nelson is the Perfect Guest for Your Next Interview or Event

Audiences love hearing Lana's fascinating story and learning about the unique method she discovered through the healing arts about how to find your very own perfect foods.

The foods your body needs for energy, balance, healing, weight-loss and much more. Lana's unique insight on your relationship with food and balancing your body's energy with food is one of a kind.

A very exciting part of Lana Nelson's appearance is when she demonstrates with attendees, what foods their body specifically needs.

## About Lana

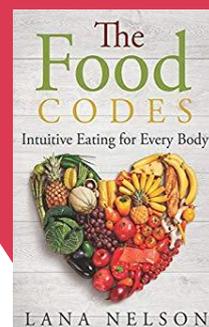
Lana Nelson has developed one of the easiest techniques on the planet to help anyone, including you, to discover what foods really are "good for you!" Good for you personally right now.

Lana has used her technique since the early 90's and uses emotional clearing and energy healing techniques as well as Quantum Biofeedback Technology. She is Certified Emotion Code and Body Code and a Licensed Massage Therapist, and is a Reiki Master Teacher. Lana is a gifted medical intuitive and counsels in nutritional, herbal, and homeopathi therapies.

Lana helps individuals, couples and Families who struggle with food, health, and emotional problems.

Married to Dr. Bruce Nelson, a Holistic Chiropractic Physician, Lana is passionate about their family of 12 children and spouses and 33 grandchildren. She says that she is "Living her dream," in beautiful Northern Montana.

Both her personal and professional experience allow Lana to bring a unique understanding to a diverse array of clients and audiences.



# Rave Reviews



The Food Codes Book by Lana Nelson has totally changed the way I feel or think about diets and foods. Knowing that I have complete control of knowing exactly what is good for me to eat without feeling guilty, sick, or full is so empowering to me. I have always avoided potatoes and beef and they showed up as my top foods. I would never have known this if it were not for this great book that Lana has written. And.... I love beef and potatoes!! The book is an easy read and it makes so much sense once you take control of your own health and trust exactly what your inner knower knows. It knows EVERYTHING! I highly recommend this book to everyone who has struggled with food and weight issues. Thanks Lana!  
**Andrea**

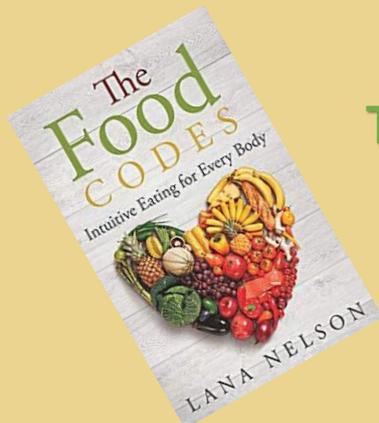
I LOVE your book! Thank you for writing such a personal book full of expertise! I now feel like I know you well and I love all the goodness that you bring to the world. Much Love, **Glenda**

I've looked for and waited for this book all my life!!! I've never believed one diet fits all and I've not accepted the standards set by any diet authority. Why are we all so dis-eased if these standards are accurate? Thank you for promoting the use of whole foods in your book. Why can half the egg be better for you than the whole egg? It was designed to produce life, so I believe that the whole egg is also designed to sustain life. My work takes me to many third world countries. I see that the greater part of the population of the world, who is less privileged and "educated", gratefully gives thanks for a whole egg and its nutrition!

Thank you for the recipe section teaching how to create your own recipes. It is so easy, just like my mother taught me to cook. **Melissa**

Food and health are such a big part of our life. I tried for years to do muscle testing and could not. Using the easy directions and pictures in your book I am able to muscle test now! Muscle testing brings so much direction and definition to our choices. Knowing what to eat and how to test when I am actually hungry or know when I my body is satiated, ends the frustrating guessing game. Muscle testing ends the hopeless trial and error to the unlimited philosophies in the food and eating world. Simplicity is Beautiful and Profound!

Excellent! Thank you sooo very much! **Melanie**



## Just Released!

## The Food Codes; Intuitive Eating for Every Body

Wow! What an amazing book! I'll never have to diet again because I can muscle test the foods that are perfect for me!!! This book is revolutionary and will help so many people I know. I think everyone needs a copy of it ♥ (Reader Review)

### *Specialized Skills*

Nutrition, Holistic Health, Wellness, Wellness Coaching, Healing, Alternative Medicine, Lifestyle Coaching, Lifestyle, Digestion, Digestive problems, IBS, Wellbeing, Pain Management, , Stress, Stress Management, Chronic Illness, Meditation, Headaches, Fibromyalgia, Fatigue,

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