



Vibrant Health Nutrition Consulting
Linda Posnansky NC

Consult With “The ANTI-AGING ALLY”

Health book author & blogger Linda Posnansky- BS, NC

Age Well, Feel Well, Live Well!

Acquire the Secrets to Slow-Down Your Aging Naturally

Receive Your Personalized Written De-Aging Plan

Optimizing Nutrition, Digestion, Gut Flora, Detox, Mitochondria, Immunity, blood work, Collagen, Sleep, Alkalinity,
Mind-set & Stress-Resilience Via Therapeutic Nutrient-Dense Foods, Dietary supplements, Botanicals & Lifestyle

Benefits of Working Together

Youthful Skin/Delaying Wrinkles > Weight-Loss/Less Sugar & Carb Cravings
Increased Energy & Vitality > Reduced Pain & Inflammation > Symptom Relief
Improved Digestion & Absorption of Foods > Improved Mood > Hormone Balance
Disease Prevention/Management

Since working with Linda I have noticed huge improvements in my energy, digestion and pain levels. I even lost weight without trying!”

Susan E., Walnut Creek, CA

“Every day I feel and look better and better! Linda has given me so many tools to prevent pre-mature aging. I feel so optimistic about my future!”

Jennifer C., Lafayette, CA

For your free ½ hour Phone session to access your goals & visions-call Linda at 510-323-6069 or email her at lindaposnansky@att.net or vibranthealthconsulting.com

Basic and Select Phone or In-Person Consult Packages Starting at \$175.00

Isn't it time you take control of your health & aging?