



Holistic Health. Nutrition. Life Balance. Stress Reduction

Angelina Bertani



Dynamic Speaker, Expert Holistic Health Counselor and Creator of the Radiant Health System™

To book Angelina for your next event:
gina@pure-nourishment.com
Call toll free: 1-888-532-4216
www.pure-nourishment.com



"What we put in our mouths does not just disappear; it creates our skin, hair, nails, energy, power, and mood. My mission is to inspire women to dump the guilt and understand that there is a reason for everything we crave."

Angelina



Angelina's Background:

Using the very principles she teaches, Angelina went from being chronically sick, depressed, unmotivated, 60 pounds overweight, suffering from intense sugar, alcohol and drug cravings, not feeling comfortable in her own skin, with a very low self-esteem to feeling energetic, happy, in control of her health, body, and cravings in 8 months! Angelina quickly became the go to person for people who wanted more energy to live their dream life, in record time, every time.

Angelina's Speaking Style:

Angelina leads her audiences with a dynamic, fast paced mix of practical how-to information delivered with a high dose of inspiration and motivation. Her infectious energy and upbeat spirit will help your organization and its members have a new mindset about food and eating.

Her formal training is in Eastern/Western Nutrition and Holistic Health from The Institute for Integrative Nutrition in New York City, and she is certified by the American Association of Drugless Practitioners.

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"Angelina is really skilled at taking complex information and making it easy to understand. There's so much confusion out there about what to eat and she explained why and gave us a new empowered way to look at food. She's not using the same old cookie cutter method that's out there! Her seminar was priceless." - Joy Rowberry, Director, Sante' Fitness & Wellness

"Thank you for one of the best presentations this year. Each year, there is one speaker who provides really useful information that everyone can take home and start using immediately, and you were it." - Rebecca Campbell, Wellness Director, Forest Pharmaceuticals

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OTHER POPULAR TOPICS:

- How to Eat Smart on the Go
- How to Live More and Weigh Less
- How to reduce your Cholesterol in 3 months with food
- Healthy Meals on the Table in less than 15 minutes
- Beating the Sugar Blues with Natural Alternatives
- Eating for Energy: The top 10 things to *add* to your fork

PARTIAL CLIENT LIST:

- Whole Foods Market
- Soul Shine Wellness Center, New York
- Back to the Land, New York
- Park Slope Food Coop, New York
- Garden Of Eve Organic Farm, LI, New York
- Wild Oats Market, St. Louis
- The Center of Clayton, St. Louis
- Forest Pharmaceuticals, St. Louis
- Holistic Fitness, St. Louis
- Gold's Gym, St. Louis
- Sante Fitness and Wellness, St. Louis
- Barry-Wehmiller Companies, Inc.
- Sappington Farmer's Market
- St. Louis Public Libraries

"WOW! WHAT A GREAT SEMINAR. THE CONTENT OF THE CLASS WAS CONCISE AND INVALUABLE. HEARING YOU PRESENT THIS INFORMATION IN SUCH A NEW WAY WAS VERY POWERFUL."

Angelina's most popular program:

"How to lose weight without anxiety: The Proven Radiant Health System™"

Do you sometimes feel overwhelmed by the volumes of conflicting information about how to be healthy and feel great in your body? Do you wish someone would finally show you how to lose weight, have boundless energy, and look younger every year without feeling hungry, deprived, or full of guilt? There are lots of diet plans out there, but how do you find the right way of eating that truly works for you?

Many women are very good at pushing through, but they lack the simple tools to make losing weight stress free. Angelina Bertani developed The Radiant Health System™ to teach others how to lose weight without the anxiety!

At this powerful seminar, you will learn:

- How to look at food as more than just fat and calories.
- Why there is no "one size fits all" in diet, exercise, and weight loss.
- How to use proven secrets to reduce your cravings effortlessly.
- How to lose weight, all while feeling nourished and satisfied.
- How to get past those "automatic barriers" that have held you back in the past.
- How to create your own self-care action plan to start seeing results more quickly than you would on your own.

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"What I like best is her willingness to share everything she knows. She's a library of information, on things many people have never heard before. She helps to give people a whole new perspective on food and nutrition." - Tessa Greenspan, Owner, Sappington Farmer's Market

"Everyone truly loved it and I want you to know that I actually braved cooking at home last night! I learned so much and, better yet, I remember most of what Angelina taught me." - Jennifer Wells, Multimedia Team Leader, Barry-Wehmiller Companies, Inc.

"Working with Angelina has taken my health to a level I never imagined. I'm enjoying more energy to tackle my hectic schedule, ease of cooking, preparing meals, self-care, more fun, more freedom, and a clear understanding of what foods support my body." - Marci Fine, National Cable Communications