

Get Ready For The New You!

- Start with the basics
- Strengthen the foundation
- Support healthy digestion
- Make a few simple changes to your diet
- Learn how to take care of you!



Here at Restoration Health we aim to educate, encourage, and thus empower, allowing you to achieve your body's peak performance. Simple diet and lifestyle changes will help build a stable foundation for a lifetime of health and well-being.



Restoration Health



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A healthier lifestyle made simple

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Our commitment is to you... Your Goals, Your Health, Your Life.

Our mission?

To educate, encourage, and empower by teaching you how your body works, what it takes to help it become stronger and providing a simple framework for making powerful diet and lifestyle changes. These changes are do-able and achievable which will build a day-by-day, brick-by-brick foundation to restore and sustain a lifetime of health and well-being. We start by finding out exactly what you want from your body. We then work to get to the heart of whatever it is that interferes with your body's natural healing processes. Now it's time to start implementing healthy effective change, tailored specifically to your current situation and desired outcome. Along the way, we equip you with the knowledge necessary to continue and sustain your improved health as well as build the confidence needed to follow through.

We get to the root of the problem...Period.

Many alternative health practitioners use nutritional supplements and diet simply to treat symptoms. Rarely do you find that they are focused on the core issues. This is a lot like turning up the radio in your car to hide strange noises coming from under the hood. To correct the problem and achieve real health, it's necessary to look past the obvious. At Restoration Health, we work to find out what's really going on underneath and then begin to promote healing from the inside out.

Simple as that, we give your body a chance to heal.

This is possible through timely, targeted nutrition and lifestyle modifications. Together, you and your practitioner can give your body a chance to be what it is meant to be: strong, capable and aligned with the natural good health you're entitled to.

“With the right nutrients, a strong diet and a healthy lifestyle, the body is surprisingly able and willing to turn around even “incurable” diseases.

Creating A Doctor-Patient Relationship

At Restoration Health, we aren't interested in asking you to make radical lifestyle changes but rather creating a workable solution that fits your lifestyle and individual needs. We will not be handing you a generic “diagnosis” along with a one-size-fits-all list of to-do's. Instead, we will work together to create a workable plan that meets your needs and fits into your lifestyle.

Partnership is the key

Although we ask many questions in pursuit of the underlying causes, we also want to hear your thoughts and concerns. Relying solely on a list of dated textbook scenarios to try and fit you into a box, rarely accomplishes anything. Together, we will create a step-by-step plan to get your health back on track and help you start feeling better.

Restoring a New You

Regardless of what you have been told, or what you have read or even heard from friends, remember that you and your body are unique. As individual as your own fingerprint. And what works for one person will not necessarily work for another. At Restoration Health, we create a unique, customized nutritional plan just for you. Our recommendations are based on what you tell us, what your lab tests say and most importantly, your desired outcome. Everything we do has you in mind. We will start by creating a strong foundation and then rebuild and repair what is broken. And when we are done, your body will be working much more efficiently allowing you to once again, start feeling great!

