

Spotlight on Success

the virginia gazette • williamsburg, virginia

january 9, 2013

Feel Better, Look Better, Sleep Better The Nutrition and Wellness Center — For The Health Of It

By K.H. Queen

Whether your New Year's resolution is to feel better, look better, sleep better, eat better or all of the above, Julie Mitchell and her team at The Nutrition and Wellness Center are ready to help you achieve your health goals and empower you to live a full, healthy life. "My physician and Blue Cross Blue Shield are my medical insurance," says Kim Van Eck of Williamsburg. "Julie is my health insurance. She's the one who is keeping me healthy."

The Nutrition and Wellness Center, located in Kristiansand Business Park, opened in September 2006. A growing number of clients such as Van Eck now live healthier lives — thanks to the innovative assessment techniques, sound advice and support offered here. Mitchell is a board-certified naturopathic doctor, certified nutritionist, teacher, speaker and certified natural health professional.

"People want to be healthy, have more energy, get rid of headache and feel like they did when they were younger," she says. "Our programs work to identify and overcome the cause of ill health, and then improve total body function naturally by nourishing, balancing and revitalizing the whole individual. Our consultation time with each client is important. We analyze personal and family health history, appropriate test results, current lifestyle and state of health, and clarify health goals. We then guide each client through a comprehensive, highly personalized, step-by-step program to achieve those goals."

Poor nutrition and toxicity are major contributors to disease, Mitchell says. "Some people may be eating well, even organic foods, but still have major digestive issues because the body isn't working properly," she says. "Our bodies are designed to heal themselves. But if your body is weakened or overexposed to something, your body can't heal from within."

Many clients regularly suffer heartburn, diarrhea, acid reflux, constipation and/or other digestive problems and don't realize that what's normal for them is not, in fact, normal.

"Our team at The Nutrition and Wellness Center helps clients become aware of how their bodies communicate

through their symptoms," Mitchell says. "Our physical and emotional environments can cause toxins to build up, causing various organs to be overburdened. We want to give our clients the tools that they need to create an environment for abundant health."

Based on your symptoms, the health profile and assessments results, Mitchell will encourage and advise you on which foods/drinks to eliminate or add. "If clients diligently follow their program, often within a week, they start seeing improvement in reduction or complete elimination of symptoms," she says.

Next, Mitchell recommends nutritionals, herbs, homeopathic remedies and other supplements to support a healthy lifestyle. She also works to reduce inflammation and manage stress.

Cheri and Drew Mulhare of James City started going to The Nutrition and



Wellness Center in October 2011 "for the health of it," Cheri says. Starting off, they cut dairy and gluten.

"I immediately lost eight pounds," she says. "Drew lost 15 pounds. Our cholesterol and all our numbers dropped. Drew was able to go off his statins for cholesterol. I was on some prescription medications and was able to go off of them. My husband looks younger than he did last year at this time."

Sleep, or rather not sleeping, is another issue that Mitchell sees regularly. "Many people who come in are not sleeping because they are wired and tired," she says. "They go to bed at night with their minds racing. We educate our clients on various techniques to calm their system down. Combining individualized therapies and nutrients together create a more balanced nervous system."

Cheri Mulhare used to suffer insomnia and then have to nap the next day. Now that she's on The Nutrition and Wellness Center program, she



Lizzie Mitchell, Kristy Whitehead and Julie Mitchell

*You can never treat enough of
your symptoms to correct the cause.
Wellness begins with a healthy lifestyle.*

sleeps through the night.

The Nutrition and Wellness Center offers other services designed to help you achieve optimal health. Mitchell, a bio-energetic practitioner, uses a BioMeridian scan to determine the energy levels of each organ/system in the body and how well those systems are functioning. Based on the results, she creates an individualized program for each client. Assessments include dental, allergy, hormone and more. Additional services include infrared sauna, colon hydrotherapy and light therapy.

After regular visits to The Nutrition and Wellness Center and following Mitchell's advice, Van Eck had relief from acid reflux, headaches and health concerns related to menopause—problems not resolved with traditional medical treatment.

Then Mitchell was able to help with other issues. For two years, Van Eck had been suffering from gall bladder problems that led to stomach pain. When she started taking supplements recommended by Mitchell, the stomach pains went away, Van Eck says. Van Eck also credits Mitchell



with recommending supplements that have helped get her back pain under control — after 14 injections costing thousands of dollars did not provide relief.

Mitchell reminds clients that they — not she — are in charge of their healing and making changes to their lives.

For example, "Caffeine was one of my red lines," Drew Mulhare says. "Julie's position was, 'I can only educate you. You're going to have to make your own decision. The program

she had me on involved starting the day with so much more water than I was used to, that I weaned myself off caffeine."

It didn't take long for the Mulhares to conclude they had made the right decision. "I feel so much better about myself," Drew says. "In less than 30 days, I knew I was on the right track. Julie is so knowledgeable. She deals with you on your level. She doesn't sugarcoat anything. But at the same time, she's very caring and compassionate."

Mitchell and her team welcome the opportunity to help you with specialized wellness and therapeutic lifestyle programs. "Our powerful, effective programs will reward you with improved health and function that are long lasting," Mitchell says.

Join us for Complimentary Webinars

10- and 21-Day Detox (Cleanse)
January 22 • 7PM

Weight Management
February 25 • 7PM

Stress Management
March 26 • 7PM

Call 757.221.7074
to register, limited space.

**The Nutrition
and Wellness Center**

in focus...

The Nutrition and Wellness Center

151 Kristiansand Drive, Suite 101

Williamsburg, VA 23188

757-221-7074

www.thenutritionandwellnesscenter.com

Mon-Thurs 9-5 Fri 9-4