



NATURALLY BALANCED
FITNESS & LIFESTYLE COACHING

Healthful Websites

www.chekinstitute.com
www.mercola.com
www.westonaprice.org
www.lipmanworld.com
www.organicconsumers.org
www.metabolyctyping.com
www.eatwellguide.org
www.ewg.org
www.biodia.com
www.drkalish.com

Healthful Reading

Chek, Paul. How to Eat, Move and Be Healthy.
C.H.E.K Institute (2004)
Lipman, Frank. Total Renewal. Tarcher/Penguin Books.
(2003)
Wolcott, Roger. The Metabolic Typing Diet. Doubleday
(2000)
Fallon, Sally. Nourishing Traditions New Trends
Publishing, Inc. (1999).

** For use of Rancho La Puerta guests only, not to be reproduced or distributed without prior consent.*

C.H.E.K HOLISTIC LIFESTYLE COACH

NANCY PARKER B.S, CSCS

PILATES INSTRUCTOR
SPECIALIST

619.301.3901

CORRECTIVE EXERCISE

NPARKERFIT@YAHOO.COM