

## Press Release

Contact:

Gina Van Luven, H.C.

Certified Holistic Health Counselor

And Founder

Healthy Habits Wellness Center, LLC.

2824 N. Power Rd.

Ste 113 PMB 127

Mesa, AZ 85215-1674

(480) 247-2337

[www.HealthyHabitsWellnessCenter.com](http://www.HealthyHabitsWellnessCenter.com)

### YOUnique Nutrition™

Mesa, AZ – November 1, 2008 – Healthy Habits Wellness Center, LLC launches a new web site and service called “YOUnique Nutrition™.” [www.YOUniqueNutrition.com](http://www.YOUniqueNutrition.com)

*YOUnique Nutrition™* provides wellness solutions to support your mind, body and soul. In addition to personalized health coaching, *YOUnique Nutrition™* provides a **one-of-a-kind nutritional shopping tool** called “Nutrire” (pronounced “new-try-er”). Nutrire is Latin for “nourish.” The shopping tool allows you to select foods based on the season, your individual blood type, and glycemic load. You can then print out a shopping list for the grocery store so that you purchase the foods that are right for you and your family.

At *YOUnique Nutrition™* we believe in achieving “**long term results**” versus short-term quick fixes. We believe that by providing you with knowledge and solutions, you will be equipped to provide yourself with good health and vitality for many years.

We understand YOU are unique! Therefore, we work with you to **create a wellness plan that works best for your individual needs**. We also understand health encompasses not only diet; but also lifestyle and emotional well-being. This includes relationships, career and self-esteem; all of which play a role in your overall health. Whatever your goals, our job is to help you achieve them and ***unleash a healthier, happier, YOU!***

**Please visit our website** and see how we can help you achieve your health goals. You may also call us directly at **(480) 600-7833**.

We look forward to helping serve your wellness needs.