

ABOUT US

Julie Eltman, MPH, RD has been helping people get healthy for more than 20 years. Julie's formal education includes a Master's degree in Public Health, Nutrition and Exercise Physiology (from UNC Chapel Hill), and an Undergraduate degree in Communications and Business (from SUNY Albany). Beyond the classroom, she has continuing education in naturopathic medicine, anti-aging medicine, vitamins & herbs. She is considered an expert in her field and has done numerous magazine articles, as well as having been interviewed on radio and television programs.

Julie works closely with all of the nutritionists at **CN&W** by coordinating all of the custom programs. Julie has high standards for choosing her staff and also for finding the highest quality nutritional supplements and health programs. Julie shares much of her cutting edge information in her bi-monthly **CN&W** newsletters.

OUR MISSION

Our team of highly trained professionals at **CN&W** will provide you with the facts about food, eating, vitamins and weight management. Our goal is to educate you to make your own decisions about your health. We believe in using vitamins, herbs and medical foods to heal your body and using drugs only when necessary. We help you get healthy and feel great. We make it EASY to eat healthy even with a 21st century fast paced lifestyle.

CUSTOMIZED PROGRAMS

Nutrition Counseling

pH Balancing

Detoxification

Hormone Balancing & Infertility

Applied Kinesiology & Lab Testing

Creative Meals

Meal Planning & Market Tours

Acupuncture & Acupressure

Allergy Elimination

Ear Candling

Organic Preschools

Whole Body Rejuvenation

*We carry the highest quality supplements
as well as
healthy, delicious bars and shakes.*

CreativeNutrition&Wellness

Located at the corner of Ave I & PCH,
above Good Stuff & Coffee Bean
1617 S. Pacific Coast Hwy Suite K
Redondo Beach, CA 90277

P/F: 310-792-0428
info@CreativeNutrition.com



Preventative & Therapeutic Holistic Health



ACHIEVE VIBRANT HEALTH

Our team of holistic experts are here to serve you regain optimum health.

We offer a variety of innovative services and the highest quality products!

Visit our **'Feel Great Store'** today!

ABOUT OUR SERVICES

Nutrition & Wellness Sessions

We've helped hundreds of clients with a wide range of health goals such as:

- healthy eating, weight loss
- increasing energy
- disease prevention

We help to naturally reverse or prevent common imbalances such as:

- Digestive disorders & GERD (Acid Reflux)
- Food allergies & yeast (candida)
- Fibromyalgia & chronic fatigue
- PMS & women's health
- Family health & wellness
- Cardiovascular disease, HIV & many more

Our sessions are goal oriented. All customized programs begin with a 75-90 minute intake session to review your health history, lifestyle, preferences, goals, food-related 'issues' and more. We recommend a minimum of 3 sessions in the first 6 weeks. After that, it's important to schedule follow-ups every 3 to 4 weeks. Once you reach your goals, maintenance requires quarterly checkups. Fifteen minute "Quick-Checks" are also available.

QRA (Quantum Reflex Analysis)

We chose this method of applied kinesiology which tests the energy of your organs and glands to determine the root of your health issues. This non-invasive technique assesses various infections, heavy metal toxicity, hormonal imbalance, nutrient deficiency, and more. QRA is included in all sessions.

Lab Testing

We use traditional and cutting-edge lab tests from blood, urine, saliva, and stool. This information is evaluated in non-traditional ways to further aid your health and wellness. Most of these can be done in privacy of your own home.

Our Team



Heewon An



Julie Eltman, RD



Leslie Typrin



Jennifer Bevilacqua, MS



Lisa Schwartz, LAc



Jenny Libhken

Acupuncture: The Balance Method

Acupuncture is based on ancient Chinese theories that state that all living beings are comprised of Qi (Energy) and Xue (Blood). Qi flows along pathways called meridians to irrigate and nourish the tissues and organs.

Qi must flow smoothly for optimal health, as bodily malfunction, pain and illness occur when the flow of Qi is disrupted or blocked. Stimulating specific points that correlate to organs and glands, with fine needles or firm pressure, move Qi, balance the body and restore health.

Advanced medical research has determined that acupuncture produces definite physiological reactions such as changes in heart rate, blood pressure, intestinal activity and blood chemistry. These immediate effects quickly alleviate pain, boost the immune system, regulate glands and promote the healing process.

Ear Candling

Ear Candling is an ancient practice where a special candle placed in the ear. One end is lit creating a gentle vacuum that softens & dislodges debris out the ear.

The Great South Bay Detox

A detox includes taking in the correct nutrients necessary for healthy detoxification and limiting exposure to certain foods and chemicals for a short period of time. It's recommended that we 'detox' about every 6 months, since we're exposed to toxins every day.

Think of it as a similar process to a 3,000 mile oil change for your car, but for your liver and digestive tract. Your digestion, metabolism, energy, appearance, and attitude will improve from this 'tune up'.

Creative Meals

In today's busy world, cooking healthfully, delicious and fast has become very difficult. We teach you how to cook quick, easy, delicious, & healthy meals. [Creative Meals](#) also focuses on teaching creative ways to alter recipes for specific dietary needs such as allergies and sensitivities, without sacrificing taste.

Cupboard-Cleaning & SuperMarket Tours

Let us take you grocery shopping and/or set up your kitchen for simple and delicious, healthy eating.

WHAT PEOPLE ARE SAYING...

"In just a short time, I became pain free!" -AS

"It only took 1 week after my initial visit to experience progress in my energy level." -SM

"[CN&W] helped improve my quality of life." -EK

"I used to think I was taking good care of myself and my family but I've learned so much more from [CN&W!](#)" -PS

"I'm finally sleeping through the night!" -JE