

“My goal is to assist my clients in working out a dietary and life style plan specific to their needs to enhance the quality of their life.”



Brief Consultation: 15 minutes free

General Consultation: \$500.00

Consultations include extensive reports with recommendations based on evaluation of the following:

- Urine analysis
- Kinesiology/Sclerology
- Gastrointestinal, adrenal and thyroid in-office testing
- Diet analysis
- Blood work-up analysis
- Biofeedback (2.5 hr. evaluation)

Advanced Cancer Services: \$650.00

Encompassing the evaluation above with additional assessments specific to the complexity of the disease, an extensive report will be prepared accordingly, complementing western medical treatment.

Additional Bio-Feedback Available

Follow-up Consults: \$75.00/hr.

[Billed in 15 minute increments] Contact will be made via phone, email, fax, and snail mail to follow progress and make adjustments in recommendations.

Personal Training: \$35/1 hr. -
\$50/1 ½ hr.



Success Stories...

“I smoked for over 50 years. Conventional methods did not offer any relief for my coughing and breathing difficulties. After Terri’s help, I was able to walk up the Sandia Hills and run ¾ mile with energy and without discomfort.”

- JRR, emphysema client

“I have been constipated all my life. With age, severity increased with hemorrhoids, pain in the stomach and lower abdomen, sometimes going a week without a bowel movement. With two years of Terri’s counseling, I now have daily bowel movements, no more stomachaches and no more gas or bloating. She is my miracle worker!”

-Laura, GI imbalance

“Through Terri’s guidance, my lung cancer has remained in remission longer than the doctors thought possible- 7 years.”

-Jeanie, cancer patient

“I suffered from allergies for years, carrying Kleenex wherever I went. After trying every over-the-counter allergy medicine, I resorted to extensive allergy testing and weekly shots. This last resort only made me worse. Then Terri introduced me to the ‘Healthy Solution’. She taught me to give my body the right nourishment and vitamins. So now my allergies are controllable. Thank you!”

-Sue, allergy sufferer

©2008 Healthy Solutions

Healthy Solutions



Terri Oberto

State Certified
CNC, BS, CPT, PHT

831-588-8126
831-425-7595 Fax
terri_oberto@yahoo.com

Healthy Solutions

...for Better Health

With Terri's *support and guidance* you will learn:

- What nutrients are needed to strengthen the power of the immune system
- How to stay emotionally well-balanced
- What your biochemical individual needs are as determined by your genetics/blood type
- How to increase longevity
- How to feel more energized
- How to build a strong body, increase circulation, tone your cardio-vascular system
- How to improve appetite and digestion
- The importance of eating "whole foods" and avoiding refined products
- About alternative approaches to health (oriental medicine and herbs)
- How to strengthen the body through circuit training.



"Continual assessments, using state of the art laboratory tests, will monitor the efficacy of your individualized nutrition protocol."

...for Cancer



With Terri's *expert knowledge and experience* you will learn:

- Which nourishing foods, nutrients and herbs will:
 - Enhance the efficacy of your surgery, chemotherapy or radiation
 - Safely reduce the toxic side effects of allopathic treatments.
- Scientifically based strategies, foods and natural dietary supplements which will:
 - Strengthen a compromised immune system
 - Control the inflammation process by which tumors grow and invade
 - Inhibit growth of new blood vessels that feed a tumor (angiogenesis)
 - Cause the cancer cells to mature into healthy cells (differentiation)
 - Induce natural cell "suicide" (apoptosis)

"Current studies have now proven that antioxidants can be effective as adjunctive therapy during chemo and radiation treatments."



Terri Oberto is a State Certified *Clinical Nutrition Consultant, Biofeedback Consultant, Personal Trainer, Phytotherapist* and a member of the American Holistic Health Association and a member of NANP (National Association of Nutrition Professionals) Lic. # 21031. She holds a Bachelors Degree in Nutrition, and is currently working on her Masters in Nutrition from the University of Naturopathic Medicine at Santa Fe, New Mexico.

Terri is also a graduate of and former teacher at the Bauman College (formerly Institute of Educational Therapy) in Santa Cruz, California.

For the past 10+ years, Terri has been seeing clients with a variety of issues- weight management, digestive problems, allergies, blood sugar imbalance, anorexia, compulsive obsessive disorder, cardio-vascular, hormone replacement therapy, auto-immune and cancer (eg. prostate, lung, breast, colon and ovarian).

Specializing in cancer, Terri is continuing her research on the role of diet, nutrition and lifestyle for added support of conventional treatment of cancer.



"I find that when my clients have confidence in their plan, there is better compliance and we get better results. These plans are based on proven scientific research."