



"EAT RIGHT CHEF" LOUISA

YOU ARE WHAT YOU EAT,
BECAUSE FOOD IS
INFORMATION.

IT BE CAN MEDICINE OR IT
CAN BE POISON.

IT ALL DEPENDS ON YOUR
INDIVIDUAL BODY TYPE.

BUT YOU ARE ALSO MORE
THAN WHAT YOU EAT.
LET ME GUIDE YOU TO
KNOW & HEAL THYSELF.

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Integrative Nutrition
Health Coach



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EAT RIGHT



NOURISH YOUR MIND,
BODY & SOUL



LIVE YOUR LIFE
TO THE FULLEST!

Do you struggle with:

- Uncontrollable weight gain (or loss)?
- Food cravings or addictions?
- Frequent sicknesses such as colds, flu or digestive distress?
- Lack of energy or burnout?
- Chronic diseases?
- Anxiety about your health?



MY EXPERTISE

I am Louisa Wah, a certified Integrative Nutrition Health Coach and a Health Chef based in New York.

I teach you how to tweak your diet based on your unique body type, i.e., blood type and genetic attributes, so you can achieve the brilliant health and well-being that you have desired.

My practice extends beyond food. As a coach and mentor, I help you explore all aspects of your life and guide you to dig deep and find that sweet balance so you will feel transformed--physically, mentally and emotionally.

Do you want to:

- Feel great and look great in your body?
- Achieve optimal weight?
- Reduce the chances of getting sick and the need to see the doctor?
- Get your body to heal itself
- Have abundant energy so you can accomplish what you want to do and enjoy life to the fullest?
- Live life the way you want it, not how others want it?
- Feel empowered to take charge of your own health and well-being?

SERVICES

DIAMOND

- Personal chef service: Cooking at your home with customized menus based on your genetics

PLATINUM

- Six-month one-on-one health coaching program: Two 50-minute sessions per month to help you build and sustain healthy habits
- Includes healthy recipes, grocery shopping & cooking tips, pantry makeover, meal planning suggestions & more

GOLD

- Group coaching: Online coaching with a small group based on chosen themes, e.g. emotional eating

SILVER

- Brief email coaching: Up to 4 emails a month