**Title: Innergy**

**The Science of Longevity**

**Dubai, November 8-10, 2019**

**Are you overwhelmed and exhausted and feel like there’s no time left for YOU**

* Are you struggling with Chronic Illness, Mood Swings, Bloating, and Hormone Imbalance**?**
* Have you gained weight due to stress-eating and ready take it off?

TRANSFORM YOUR LIFESTYLE BY CHANGING THE WAY YOU LIVE

**Radiate Longevity and feel the best version of yourself!**

* Heal your gut
* Balance your Hormone
* Feel energetic
* Look & feel better than ever
* Radiate and glow naturally
* Improve nutrition through custom meal plans and counseling for pure vitality and longevity

**Functional Nutrition Education is one of the keys to a happier, healthier life.**

* Personalized meal plans especially done according to your genes
* Individualized health and wellness programs for pure vitality and longevity.
* Achieve your longevity goals and have fun doing it.
* Identify food sensitivities
* Balance your hormone
* Improve nutrition through meal plans
* Counseling
* Lose weight

*Nisrine Tarraf a*board certified, Transformational Wellness and Nutrition Expert, Member of the Institute of Functional Medicine And of the International Coach Federation (ICF) *uses functional medicine, to help you find the answers to the root cause of disease instead of just treating symptoms. Individualized health and wellness programs for pure vitality and longevity. Pushing science and health forward.*

*Integrating* *whole person‚ mind, body and spirit towards healing and wellness. We educate our clients to be partners in their health care. Your health will be defined as more than the absence of disease, but as truth health and vitality where prevention is the best intervention.*

**Services Include:**

* *WEIGHT LOSS COUNSELING*
* *FUNCTIONAL NUTRITION EDUCATION*
* *FOOD ALLERGY MANAGEMENT*
* *GUT HEALTH*
* *BALANCING HORMONE*

*Through this course, my purpose is to inspire you and encourage you to be the best version of yourself. Performing up to your full potential and access a greater level of your life.*

**Testimonials:**

*“I have more confidence! I struggled to lose weight and feel confident for years until I found the Metabolic Reset Program which helped guide my lose 19.5 lbs! ” – Cherry*

*“My doctors told me that nutrition did not matter, I knew that was wrong. Now I feel amazing and hopeful again! I’ve reversed leaky Gut, ulcerative colitis, pain, fatigue, depression, and anxiety.”-Brian*

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*“After struggling with my health for many years, I finally found some answers to my health challenges. Going through the program, I lost 35 pounds, regained my confidence and rekindled my marriage.” – Dolores*

2nd Column

Nisrine Tarraf is super passionate, board certified, Transformational Wellness and Nutrition Expert, Member of the Institute of Functional Medicine And of the International Coach Federation (ICF).

Nisrine a pharmaceutical graduate, realized that a systems biology approach was needed, similar to the views of traditional medicines, and thus shifted her focus to transformational functional wellness and nutrition with a focus on cross-cultural communication.

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On a quest to heal her own body and life, Nisrine discovered that nutrition and health was much more than just food. To put together the pieces missing from her clinical nutrition training, she attended numerous universities, natural healing schools, seminars in every area of transformation. Today, Nisrine works with a group of Doctors and Functional Medicine Practitioners, helping their patient to reach their health goals in areas such as achieving optimal weight, reducing food cravings, increasing sleep, and maximizing energy.