

Date:

To:

Company Name:

Dear \_\_\_\_\_,

### Re **Group Insurance Health Plan**

As a health conscious and hard-working employee of our good company, I would like to request that you consider adding “Holistic Nutritional Counselling “as a policy option to our group insurance plan.

Holistic nutritional consultants, graduating from the Canadian School of Natural Nutrition are dedicated professionals who educate their clients about the health benefits of natural nutrition. Holistic nutrition is a special combination of modern science and time-tested wisdom based on the philosophy that each person has unique nutritional requirements.

Holistic nutritional consultants typically evaluate their client’s nutritional needs by identifying symptoms that indicate health imbalances. They then provide individualized health plans, which include nutrient-dense foods, lifestyle recommendations and/or natural supplements in order to help bring the client’s health back to a state of equilibrium. Holistic nutritional consultants assess their client’s health through one-on-one consultations and focused questionnaires and then provide health and lifestyle recommendations that are tailored to the individual’s needs.

Holistic nutritional consultants create individual meal plans and recipes for their clients, teach them to decode food labels to help them make optimal food choices and provide them with food shopping advice and information. They assess their client’s stress, exercise, smoking, alcohol consumption, sleep, relaxation and overall lifestyle practices. They monitor their clients’ progress towards their health goals. Most importantly, holistic nutritional consultants encourage self-responsibility by empowering clients through personalized education and information.

Holistic nutritional consultants are conscientious and well informed about the connections between the environment, toxins, food products, and preparation, and the resulting quality of food. They recommend whole foods that are natural, alive and good quality, and which support sustainable farming practices and a healthy environment.

Holistic nutritional consultants are educated on the functions of the digestive, immune and other whole-body systems. They are trained to recognize food intolerances and allergies, blood sugar fluctuations, and the multiple causes of inflammation, which are the source of many health conditions. As such, holistic nutritional consultants are valuable resources for corporations.

Holistic nutritional consultants complete a comprehensive program which includes extensive case studies. Graduates of the Canadian School of Natural Nutrition have a strict scope of practice and code

of ethics. As well, there is a disciplinary avenue for investigating and resolving complaints against members. They work well with and alongside both allopathic and alternative health care practitioners.

The benefits of adding holistic nutrition counselling to our group insurance plan include:

- Helping to reduce sick days and employee health care costs by addressing the effects of stress and preventing many common health ailments.
- Helping employees regain vitality and wellness, holistic nutritional consultants support a healthier and happier workforce that benefits all.
- Reducing absenteeism by encouraging an active, healthy lifestyle.
- Encouraging self-care and self-awareness for improved mental health and clarity resulting in improved morale and reduced turnover.

For more information about holistic nutritional consultants please see [here](#).

I understand that other insurance providers such as Manulife, Green Shield etc. have included “Nutritional Counselling” as policy options.

I look forward to your favourable response. Should you wish to discuss further, I would be happy to connect you with the CSNN Alumni Association to answer any further questions or they can be reached directly at [admin@csnnalumni.org](mailto:admin@csnnalumni.org)

Sincerely,