

# Alexis Smith Nutrition

Because I legally have to tell you...

As a practitioner of Natural Medicine, I work on the premise that, given the right environment, the body's innate self-healing capabilities will bring the body back to balance and therefore health. Using diet, lifestyle choices, supplements and herbs I help provide the support to rebalance excesses or deficiencies that, over time, may lead to illness and disease. Nutrition is a complementary support and is not designed to replace medical advice. I do not claim to diagnose or cure and recommend that you consult your physician before commencing any treatment or health related modifications.

Thank you for your understanding

Alexis