



THE CENTER FOR HEALTH & WELLBEING PRESENTS

Spring Clean Eating 2021

**14 DAYS OF DETOX SHAKES, SUPPLEMENTS
AND SUPPORT!**

improved energy | weight loss | mental clarity | better digestion | healthy skin

PROGRAM PRICE \$159 (NORMALLY \$199)

Includes:

- 14 Day Supply of Nutritional Supplements
- Personalized Nutrition Plan
- Weekly Educational Email & Video
- Advanced body composition testing & assessment
- Customized plan on the WellWorld Tracking App

Learn all about the program, meet other participants, get motivated and launch into a healthy summer!

SIGN UP TODAY! (619) 814-5500





MEET DR. TRAINOR, ND!

Integrative | Personalized | Preventative

"The Doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease."

-Thomas A. Edison

Dr. Trainor completed his undergraduate education at the United States Military Academy at West Point, studying Exercise Physiology, Systems Engineering and performance psychology. Dr. Trainor discovered his passion for holistic & integrative medicine when he faced his own health challenges while serving as an Army Officer.

After leaving the military, Dr. Trainor completed the 4 year Naturopathic Medical program at Bastyr University California, passed his licensing exams, and began working at the Center for Health & Well-being in Fall of 2020. Dr. Trainor is passionate about taking a more natural, holistic approach to finding and treating the underlying causes of whatever his patients are dealing with, and believes the team at CHWB is uniquely equipped to support patients seeking this type of care.

For more information about Dr. Trainor
visit chwbonline.com.

Register and schedule your appt today!

Contact us at (619) 814 5500.