

## Why Work with a Health Coach?

The right wellness plan will maximize your health and energy and help you live a happier more balanced life. DocChristine is uniquely qualified to achieve this goal!



Contact us today for  
**Your FREE CONFIDENTIAL  
Health Consultation!**

Dr. Christine Sauer  
info@docchristine.com  
www.DocChristine.com



# DocChristine

**Dedicated to Your Wellness!**



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Visit Website



Schedule an  
Appointment



# DocChristine

## Build Your Ultimate Health

A personalized plan, designed  
especially for you!

DocChristine.com



# Build Your Ultimate Health

Build and optimize your health for ultimate performance at work and in life!



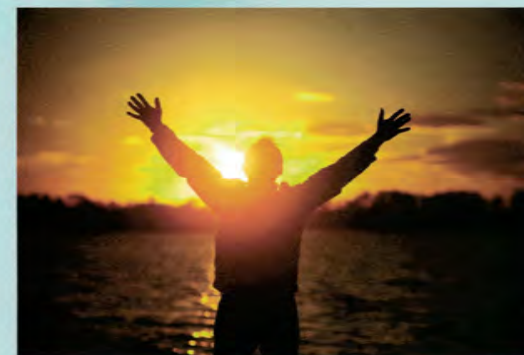
## About DocChristine

Dr. Christine Sauer is a German-trained and board-certified (Germany) **conventional as well as naturopathic physician, nutritionist, and a certified health and performance coach**, working worldwide in English and German. She is living by choice in Nova Scotia, Canada.

Her Mission and Passion in life is to change people's lives for the better. To love and care for people, mentor and guide them back to physical, mental, financial and spiritual health.

Let her show you the way to a healthier and happier you!

To learn more about Dr. Christine and hear her personal story visit her website: [docchristine.com](http://docchristine.com)



## Balancing Science and Nature to Guide You Back to Health!

**Dr. Christine Sauer**  
info@docchristine.com  
phone: 902-222-2742



## What DocChristine can help with:

## Benefits of Using DocChristine:

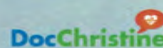
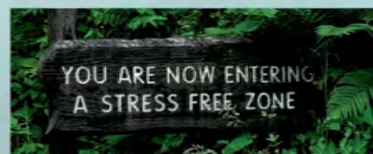


- More energy, less pain and fatigue
- Better quality sleep and better mood
- Heal stress, burn-out and re-set your hormones
- Calm your stomach and heal your gut
- Find your true purpose and gain confidence
- Deeper understanding of the food and lifestyle choices that work best for your body, mind and soul
- Get glowing, clear skin from the inside and out!
- Improve or heal your allergies
- Individualized health, nutrition and supplement plan and guidance
- Professional success tracking and monitoring.
- Support and Accountability for lasting success

Are you tired of feeling tired? Does chronic fatigue wear you out? Would you like to learn how to get your energy back?

**A health coach is like your health cheerleader. There to support you on your journey to better health and a more satisfying life.**

As a Certified Health and Performance Coach, DocChristine knows how to guide you to the right decisions to re-build your health from the ground up. DocChristine is trained in root-cause medicine and can give you directions and support to help or heal your chronic illness.



DocChristine will help you find that recipe to youthful energy once again! Let her help you get your energy back and all the benefits that come with your new approach to life and food.

**Book Your FREE CONFIDENTIAL Health Consultation today!**  
[docchristine.com](http://docchristine.com)