

## [NOURISHING WISDOM](#)



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Hello and welcome! I m so glad you re here. Join me and have the relationship with food and your life that you ve been longing for. Through the awareness and enjoyment of eating high quality food, clients make changes in their daily diet that last.

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### **About Holly Shelowitz nourishingwisdom com**

In 2013, she brought the wisdom to her local community and created the Healthy Eating Education Program at Mother Earth s Stores, establishing cooking demonstrations, food sampling and store tours for customers.

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