



DHARMA NUTRITION
NUTRITION BY DESIGN

145 Waterman Street
Providence, RI, 02906
(401) 585-6741
www.DharmaNutritionRI.com
Customer@DharmaNutritionRI.com

FREE Consultation & 25% OFF Feb 2010

Alternative Healing Through Nutrition

By Dan Schwartz



With the popularity of books like *The Omnivore's Dilemma* and movies like *Food, Inc.*, people are starting to question how we normally eat and are looking for non-traditional guidance. Sandi Andersen of Dharma Nutrition has worked for many years advocating the importance of whole foods cooking and eliminating processed foods from our diet. After counseling elite clients in Europe she has returned to Rhode Island to open an office located within Renaissance Clinique at 145 Waterman Street. She offers nutrition counseling, cooking instruction and in-home Yoga and Shiatsu. "It's a well rounded healing package that I want everybody to have the opportunity to experience," Sandi explains.

The process begins with a free half hour consultation where Sandi discusses your current situation, what brought you in and what you want to gain from the experience. You will be given many helpful suggestions for what you can do during this first visit, and then you decide if you want to return for the full assessment where she identifies your Dosha (personal constitution) which is a part of Ayurvedic medicine. Sandi is a graduate from the Heartwood Institute where she studied under Paul Pitchford, author of *Healing With Whole Foods*. During this second visit Sandi performs Iridology (close inspection of the eye), takes a look at your medical records and your prescriptions and supplements. "I take all of that and work on a client's file on average 2-3 hours," Sandi explains. "Then they get a written report that's anywhere from 3-6 pages long telling them everything that's going on."

What is helpful about the report is that it includes a full food chart indicating a diet tailored specifically to your body type. "It tells them exactly what to eat," Sandi says. "They can literally take it into the grocery store and go shopping with it." She can also accompany you to the store to show you how to properly select the right foods and even come to your kitchen to go over your set up. "The biggest thing is I don't want to shock them by uprooting their lives," she explains. "I tailor my advice to help integrate change over a period of time." Sandi also had a career as a chef, and she offers private and small group cooking instruction. She even provides personal chef services if you want healthy prepared meals.

There is a lot of confusion about what is good to eat and what is not, and Sandi can help clear up all the information out there. "The worst part about food is feeling guilty," she explains. "Your guilt releases detrimental hormones, chemicals and toxins into your body. Food is fantastic and we should be able to enjoy it, but knowing what to enjoy is hard sometimes."

Sandi explained seeing a beautiful young woman in East Side Market carrying a lot of organic goods and produce, but she also had fake sweetener and margarine. Sandi told her to put back the margarine and get real butter and get a sweetener like Sucanat. "Margarine is hydrogenated oil, and there is no way your body can absorb it," she explains. There is a lot offered at Dharma Nutrition to help improve your life. Call Sandi for more information or set up an appointment for a free consultation.

Dharma Nutrition
145 Waterman Street, Providence / 585-6741
www.dharmanutritionri.com

Demand Authentic BBQ!

All of our meats are cooked low and sloooow in our hickory smoker

Succulent St. Louis cut Pork Ribs, Beef Ribs, Chicken, Pulled Pork and Beef Brisket
(Vegetarian options too!)

United BBQ
Open Tues. - Sun. 11am-11pm • Closed Mondays
146 Ives St. Providence
751-9000 • www.unitedbbq.com




UNITED BBQ DELIVERS! 751-9000

SITE SPECIFIC LLC

DESIGN BUILD RESTORATION



401.632.4400
WWW.SITESPECIFICLLC.COM


EXERCISE AND YOGA CLASSES • AFTERSCHOOL PROGRAMS
HEATED POOL • FITNESS CENTER • BASKETBALL GYM
EARLY CHILDHOOD PROGRAM • SUMMER J-CAMP



ALL ARE WELCOME!
Members Get Discounts! Call for Details

JCC rhode island
401 elmgrove ave.
providence, ri 02906
401.861.8800

www.jccri.org



Robert Moreau
{FORMER OWNER OF GERMAN MOTORS INC.}
is back doing what he loves
and proud to announce his new venture

autowerks

Honest, worry-free service for your luxury automobile
401.474.1300 werkswell@gmail.com