



Services



About Maria:

Maria's expertise has been featured in numerous publications in the twin cities including:

- Twin Cities Live on ABC (multiple appearances)
- FM107.1 (Both on Ian & Margery and Good Enough Mom's radio shows)
- Cities 97 Morning Show
- Several Local Magazines as a contributing author for nutritional columns
- Authored a cookbook "Maximize your Health" and new nutritional guide "Secrets to a Healthy Metabolism"



Maria Emmerich is a wellness expert who holds a degree in nutrition and exercise physiology. She shares a passion for helping others reach their goals of optimal health. Do you need help with your diet, exercise, hormones, mood, or just need some emotional support along your journey to health? Maria is the nutritionist for you. Maria understands the connection between food and how it makes us all feel on the inside and out. Here the one-on-one attention to clients is unbeatable.

At the right is a picture of me when I was 16 years old and on a "Low Fat Diet". On the left is a picture from a few weeks ago. I wasn't always this fit and used my education and research to transform my lifestyle. I will use these same principles to help you live a happier and healthier lifestyle.



Here are what Clients had to say about my programs.

"My favorite part has honestly been the entire process. I have learned so much about my body and how it is affected by my diet. The first day that I cut down on the hidden sugars that I was eating was an awful day. My body was going through withdrawals from the foods that I had been feeding it! I was cranky, had a headache and was hungry all day long. The next day was amazing. I felt like I had more energy and I wasn't hungry half of an hour after eating a meal anymore. It proved to me that this was actually something that I could do.

I really do not think that I can express how much better I feel. I have so much more energy which helps me get through the day with two little boys at home! I am more satisfied after meals and for longer in between. It sounds cliché but knowledge really is power. Once you know how to eat you can actually apply it to your life and change it for the better. I am beyond happy that I went through nutritional counseling with Maria."

"I was told by my doctor that if I didn't get gastric bypass surgery that I would die. I decided to try Maria's program first. Maria started easing me into her program by having me use supplements to help me sleep and changed to eating eggs for breakfast to kick start my metabolism. Just using these steps I lost 17 pounds in just 6 days! I know that I am on the right track now to a healthy lifestyle."

"I have worked with Maria Emmerich for seven months and met with her regularly during that time as well as absorbed her fantastic cookbook and emails focused on mind, body and spirit health. She always has an appropriate suggestion for solution. My husband who was not focused on weight issues, lost 27 pounds during this time due to the diet changes we were implementing and our discipline in supporting each other during this lifestyle eating adjustment. I was so thrilled to learn the tricks of snacking like a fat with the protein, like cheese with a sausage or peanut butter with half an apple.

Maria is a true professional with outstanding customer awareness. She is not opposed to doing the homework needed to move ahead and communicate her knowledge forward. I will recommend Maria as I have to all seeking advice and direction for mind, body and spirit health and growth as long as she is focused on this subject for all. I am seriously grateful for Maria Emmerich in my life! I will always follow the many dietary bits of advice I have learned from her knowledge. :-)"

One-on-One Consulting

There are several options for One-on-One services. Below is a list of services and their costs.

| Service | Description | Cost |
|---------------------------------|--|-----------------|
| All Inclusive | Includes: all Services for 1 month: 4 meetings (1 to 2 hours each), Initial Meeting, Grocery store visit, e-mail support, workout coaching, YMCA 1 week free pass, phone support, and tons of great nutritional information. We will also do a Wellness Assessment to discover where there might be an imbalance causing a halt to weight loss. All the tools you need to succeed. | \$275 |
| Additional All Inclusive Months | Includes: One additional month of the All Inclusive personalized consultation. Customized to meet your needs. | \$150 per month |
| Initial Meeting Only | Includes: 2+ hours and is Customized for your needs. We will also do a Wellness Assessment to Discover where there might be an imbalance causing a halt to weight loss. | \$150 |
| Grocery Store Visit | Includes: Maria walks you through the grocery store and shows you great healthy alternatives to your grocery list. Learn what ingredients to substitute in your everyday meals to make them healthier for you and your family. | \$50 |
| Remote All Inclusive | Includes: 4 sessions that are done over the phone. Similar to All Inclusive but materials are sent via email and all correspondence is done over the phone or email. Great option if you don't live in the Hudson, WI area. | \$150 |
| e-mail Support | Includes: Recipe suggestions, nutritional advice and coaching plus much more. | \$20 per month |

Group Consulting

Many of the same services listed above can be combined into a reduced "Group" price. So you and a friend, sister, Mother, etc can do a session or month together and you both get a reduced rate! Please call for details.