

There's A New Business In Town!

Meet Entrepreneurs & Clients of Business Cape Breton's
Small Business Development Program
Amiee Wilson of Namaste Holistic Wellness and Nutrition



Namaste Holistic
Wellness & Nutrition

Services

We do Testing for:

- Food Allergies
- Hormone Imbalances
- Toxins

Nutritional Counseling:
1-on-1 & Group

Contact me for your FREE 20 minute
Discovery Session
902-578-4020 or
amiee@namastewellness.ca



Namaste Holistic Wellness & Nutrition is owned by Amiee Wilson who is a Registered Holistic Nutrition Counselor. Her clinic is located in the Breathing Space Yoga Studio at 20 Spar Road, Sydney (beside Osh Kosh children's clothing). Amiee's passion for health and wellness started over 15 years ago when her mother was diagnosed with cancer. After her mother looked to alternative therapies Amiee discovered there was a huge connection with food & health when her mother changed her diet and her health started to improve.

Amiee's passion led her to study the mind, body and spirit connection through the Canadian School of Natural Nutrition where she graduated with a Certificate of Merit and earned her designation as a Registered Holistic Nutrition (RHN) Counselor. Amiee's expertise is in the area of Cognitive Support and she focuses on Adrenal Fatigue and Hormone Balancing through her Mind – Body Programs. She also writes the Wholly Holistic column in the CB Community Post.

Amiee helps clients with many issues such as hypothyroid, menopause and digestive issues. Her Mind-Body programs help people who struggle to get out of bed in the morning, lack energy throughout the day and have difficulty losing weight.

Amiee also offers lab testing for food allergies, hormone imbalances and toxins and minerals.



**THINK CAPE BRETON
FIRST**

Support Local Business

www.businesscapebreton.ca

CONGRATULATIONS AMIEE!

Namaste Holistic Wellness and Nutrition
20 Spar Rd.
Sydney, NS B1P 7H2
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