

# Earthwise Holistic Nutrition

Where Food Becomes  
Your Most Powerful Medicine

*"Your body already knows how to heal.  
Sometimes it just needs the right  
nourishment to remember."*

As a Certified Nutritional Therapy Practitioner and Holistic Chef, I combine the science of therapeutic nutrition with the art of real cooking to create a clear, personalized path back to vibrant health through the power of food as medicine.



## SINGLE AND MULTI-SESSION PACKAGES TO GUIDE YOUR WELLNESS

- Gut health & digestive healing
- Inflammation & autoimmune conditions
- Celiac, gluten-free & grain-free protocols
- Cancer support & survivorship
- Healthy aging & vitality
- Weight loss & metabolism
- Hormonal balance
- Blood sugar dysregulation & diabetes prevention
- General wellness & disease prevention
- Paleo, Whole30 & ancestral nutrition

## What you receive

- In-depth health history & nutrition assessment
- Custom therapeutic meal plans designed around your unique needs
- Personalized shopping guide & ingredient sourcing
- Supplement review & professional-grade sourcing
- Ongoing support & menu refinement as you heal and evolve

## Sharon Moliken

Nutritional Therapy Practitioner (NTP) · Holistic Chef  
MSW · Earthwise Gourmet Founder  
30 years of nutrition study · Breast cancer survivor

## Begin your journey

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Be Epicurious. Be Wise.