

# Leann forst, MBA ,CHC

Board Certified Holistic Health Practitioner  
*Health & Nutrition Coaching*

## Health Coach, Leann Forst, MBA, CHC



Author Leann Forst, MBA, CHC

Leann is a Board Certified Holistic Health Practitioner, holding a Master's degree from Drake University in Des Moines, Iowa and a Bachelor of Science from Upper Iowa University. Leann is accredited by the American Association of Drugless Practitioners. And she is an author of 2 books "How to Get Your Kids to Beg for Veggies" and "100 Ways to Lose Weight." Born and raised as an Iowa farm girl, she moved to Texas in 1998 where she met and married her husband.

Leann works with individuals one-on-one, with workplace groups, and in group settings. She is also a speaker for profit and non-profit organizations and has enjoyed speaking at Medical City Hospital in Dallas.

**Work with me to clean your health and get to the root cause of your disease.  
Here are just some of the health concerns that I can help you and your family with:**

ADHD	Hyperactivity
Allergies	Hypertension
Asthma	IBS
Autoimmune Diseases	Insomnia
Cancer	Learning and Focus
Diabetes	Menopause
Digestive Disorders	PMS
Headaches	
Heart Disease	
High Cholesterol	

## Testing Options Offered:

Food Allergy & Sensitivity  
Micro Nutrient Deficiency  
Comprehensive Wellness Profile  
Toxicity  
Heavy Metal

Parasite  
Candida  
Autoimmune Disorders  
Diabetes  
Gastrointestinal

Your health coach is a guide who works with you to achieve your wellness goals.

### During our time together, you will:

- Consider me your health resource and advocate
- Discuss your progress and receive personalized recommendations and support to reach your goals.
- Receive recipes, articles, books, and food samples that may benefit you and your personal journey to health.
- Work to get to the ROOT cause of your health concern.
- Gain an overall sense of awareness of how food affects your health, immune system, mood, and digestive health and well-being.
- Uncover the health-gut connection — how your digestive health plays a key role in your overall immune health and how to regain it.
- Discover hidden food intolerances that may be impeding your ability to heal.
- Uncover which foods and environmental toxins may be sabotaging your health.
- Understand which foods support a healthy endocrine system and nourish your body's ability to produce healthy hormones.
- Learn about traditional, healing foods – what they are, how they benefit you, how to prepare them, and how to incorporate them into your daily life.
- Learn about various supplements, vitamins, herbs and amino acids that may benefit you.
- Replenish crucial vitamin deficiencies.
- Learn about additional tests and labs available to help you dig deeper and uncover the source of your disease.
- Learn tips and tricks to handling eating out and traveling to maintain healthy eating habits.
- Navigate the grocery-store aisles with confidence and curiosity by learning to read labels and experiment with new foods.
- Gain the knowledge you need to make slow, sustainable changes to benefit your health and future.
- Increase your energy levels, lose weight, enhance your mood, and experience more joy.

## What are the next steps to change your health to change your life?

### You can start by scheduling a Complimentary Health Assessment:

- 20-minute health consultation
- To schedule you can call: (469) 609-0898
- Or you can email: [Leann@GroovyBeets.com](mailto:Leann@GroovyBeets.com)

### Ready to start now with 3 Easy Steps?

1. Email: [Leann@GroovyBeets.com](mailto:Leann@GroovyBeets.com) and I will email back a health history form for you to complete.
2. After receiving your completed health history form, we can set up a time for your complimentary health assessment to review your health history and discuss which program will be a fit for you. Program goals, dates, times, and payment options will be discussed.
3. *Pat yourself on the back* for taking the first step to change your health or the health of your family to change your life!

## Change Your Health. Change Your Life.

### Please visit Leann at [GroovyBeets.com](http://GroovyBeets.com) for:

- The latest natural healing tips, news, and information
- To read and subscribe to her blog
- To receive your free eBook “100 Ways To Lose Weight”
- For nutrition and education products to help you attain optimal health

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### Disclaimer

The information provided in this brochure should not be construed as personal medical advice or instruction. No action should be taken based solely on this brochure.

While nutritional changes are generally safe, effective, and healthy, you should consult appropriate health professionals on any matter relating to your health and well-being, for sake of legalities, especially a Naturopathic or Functional Medical doctor of your choosing.

The information and opinions provided here are believed to be accurate and sound, based on the best judgement available to Groovy Beets, but individuals who fail to consult appropriate health authorities assume the risk of any injuries. Groovy Beets is not responsible for errors or omissions.