

Hello! We are thrilled to be connecting with our community. First, I'd like to introduce myself, my name is Andrea Whitmarsh and I have spent the last 10 years in chronic disease prevention (think cancer, heart disease, lung diseases etc.).



I have always focused on nutrition and diet as the foundation of health and wellness and was very discouraged to find a healthcare system that does not devote enough attention to this. Last year I left the corporate healthcare world and started my own business, Living Roots Health and Wellness, LLC. My mission with this

business is to help individuals reduce any existing disease burden and increase their overall health and well-being.

The four components of health that I focus on are diet/nutrition, emotional well-being/stress-management, sleep and physical activity. When we are working towards optimal health, we cannot separate these four, as they all play an integral part in how we act and feel. The human body is an amazing machine that is designed to be healthy. Unfortunately, 85% of Americans have some existing disease.

If given the proper tools, such as adequate nutrition, water, rest, fresh air, exercise and some laughter, our body is capable of healing itself.



Since starting this business, I have realized that many Americans are no longer eating food but food products. These are processed items high in calories, chemicals, salt, sugar and unhealthy fats and containing little-to-no nutrients. They lead to poor mental and physical health and can have lasting effects especially in children. I also realized families are extremely busy with work, school, and extracurricular activities and often do not have time to learn about proper nutrition or cook nutritious meals at home.



So, with this, we decided to add a food-service component to our business. Each week we will be offering a different meal rich in nutrients and free of preservatives, hormones, antibiotics, chemicals, added sugars, salts and unhealthy fats! Think clean, real food! We will be delivering these meals to specified locations through out the area. If you are interested in having meals delivered to your business, please drop us a line.

Our monthly newsletter will include our monthly meal menu as well as health and nutrition tips, information and guidelines and upcoming events. Please visit our website to join our mailing list and for information on counseling, programs, seminars and our meal program, including pricing, ingredients and pick-up locations.

Email us: livingrootshealth@gmail.com

Call us:

Visit our website: www.livingrootshealth.com

Like us on FaceBook

Upcoming Events:

Wellness Seminars at the Newstead Public Library

6:30 PM Free

February 11 – Breaking Cravings

March 11 – Info on GMO's and Organic Foods

Monthly Meal Menu:

March 4th – 8th – Lasagna, options include with beef and/or gluten-free

March 11th – 15th – Chicken and Biscuits, options include gluten-free

March 18th – 22nd – Mexican Stuffed Peppers, options include vegetarian or beef

March 25th – 29th – Broccoli Tetrizzini, options include vegetarian or chicken

