

We are here to make a difference in the Nutrition industry.

It's about what goes into your body that counts.

Heal1thy

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We are here to make a difference in the **Nutrition** industry by educating people on the fundamentals we simply forget & toss out the window while getting comfortable with life." said Owner And President [Matthew Zifferblatt](#)."

Our company provides Natural ways to better ones health without the use of harsh drugs or medications.

"While learning the arts of the industry, being Certified by the N.E.S.T.A. for **Fitness** and **Nutrition**, I have come to learn it all starts in the kitchen." Believe it or not, it's true.

During my personal journey while losing [85 pounds](#) coming to soon realize it does start in the kitchen by being proactive. As a parent, I can say it's really easy once you put your mind to it. I can also say from starting a supplement brand that it's all about what's right in front of you, meaning the most "All Natural ingredients" are what's most important.

While being interviewed Zifferblatt said and I quote, " There is nothing like a home-cooked meal followed by a protein shake." Hence the Plant-Based Protein.

How to lose weight with food?

When it comes to eating foods and trying to **lose weight**, we really tend to look past what's most important and go with what's easiest yet most convenient. So stop and listen for a moment and really think about food and why it brings value to our body's: [Energy](#) source, [Vitamin](#) source, etc.

Eating healthy foods like fresh meats, fish, fresh veggies, homemade quality meals, not fast foods and processed sugars will bring more value and aid to your health.

As it's said "you are what you eat", try to be creative with eating and I promise you will find some closure in eating healthier. Say to yourself what can I do better today that I didn't do yesterday.

Challenge yourself.

When shopping in the grocery store, say to yourself, I'm trying to **lose weight**, so what's the ultimate goal, or my blood sugar is out of control, what can I eat? Go over and over your personal goals until they resonate in your head and lead the way to the better "choice foods", homemade foods. Nothing processed.

Treat your self don't cheat your self.

Allowing food to become an addiction can be a topic for another day, but remember just like an alcoholic or a drug user it can be something that can get out of control. Having a strong mindset goes along way.

These simple techniques will lead you to your **weight loss** goal as they have led me to mine, and that my friends are how we are going to make a difference in the **Nutrition** industry.

So if you struggle with your health due to poor diet or being **overweight**, contact us today.

info@healthyoneinc.com

Learn more about weight loss

<https://healthyoneinc.com/>



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