



A Place to Glow.

DIAMONDS ON YOUR INSIDE HEALTH COUNSELING

The GEM provides counsel on a variety of nutrition and health-related concerns and goals. A healthy diet and lifestyle doesn't happen overnight! It takes knowledge and hard work. Everyone has nutritional needs and lifestyles that are unique, as is the process to get there. Our guidance program provides you with the tools to achieve these goals. You will learn how to apply the basic principles of detoxification and cleansing to your own life. You don't have to eat completely vegan, organic and raw to understand the benefits, of which there are many—learn what works for you and apply as needed.

By bringing awareness to the connection between how you eat and how you feel, your physical health will improve and you will begin to notice transformations in other areas of your life such as your work, your relationships and the way you take care of yourself. Your natural inclination will shift towards foods and activities that make you feel better, and you will make time in your life for those things that truly inspire and nourish you.

WHAT MAKES US SHINE?

The GEM has two certified health counselors who received training from the Institute for Integrative Nutrition's cutting-edge Health Coach Training Program. In addition, they gather a wealth of knowledge and experience everyday inside The GEM, where we practice what we preach! This experience equips us with extensive knowledge in holistic nutrition, health coaching, and preventive health. Drawing on these skills and our knowledge of different dietary theories, we help you make real and lasting lifestyle changes.

LEARN MORE

The GEM has a menu of options available to fit your lifestyle. Come in and chat with us about it or contact us to learn more.

THE GEM

The GEM, independently owned and operated, is driven to make people happier and healthier. It is all about peace and happy. In 2013 alone, we diverted 16 tons of compost from landfills. We believe in making our planet better for our children. And, we work hard at it! To learn more about The GEM, please visit insidethegem.com and follow our news on Instagram [@thegemjuicebar](https://www.instagram.com/thegemjuicebar) and Twitter [@InsideTheGem](https://twitter.com/InsideTheGem) and like us on Facebook at [Facebook/InsideTheGem](https://www.facebook.com/InsideTheGem).

