

LEARN HOW TO:

- *Eat amazingly delicious and nutritious foods so your health and vitality soar while your fat melts away.*
- *Reduce your stress to avoid binge eating.*
- *Avoid the pitfalls that caused you to put on those extra pounds.*
- *Stay thin and lose pounds by eating more frequently.*
- *Make educated food choices and decisions for life.*
- *Risk manage food choices during travel and parties.*
- *Cook for you and your family without feeling deprived.*
- *Detox your body and feel great!*
- *Navigate the grocery store.*



CALL RUTHIE FIELDS NOW!
You're one phone call away from optimal health and vitality.

(408) 223-0885
Fields Family Chiropractic
2919 The Villages Parkway
San Jose CA, 95135

430 Monterey Ave. # 5B
Los Gatos CA, 95030

Ruthie Fields
Weight Loss and
Nutritional Coach



Knowledge is POWER!

Let Ruthie give you the nutritional knowledge you need to break out of your dieting prison into permanent weight loss and vibrant, healthy living for the rest of your life.

Who is Ruthie Fields?

My history is a rough road just like many of yours. Over the years I have participated in many dietary regimes: hypnosis, aversion shock therapy, injections, diet pills, vitamin drips, liquid diets, high protein and many other fad programs.

When I finally turned my health over to nutrition my life turned around and yours can too.

I have worked as an assistant for diet doctors, written two diet handbooks, and counseled hundreds of diet patients to health and vitality with great success.

My mission is to help you break out of your dieting prison into permanent weight loss and healthy, vibrant living.

I also coach people needing to gain weight, and those with no weight problems who are looking for help with health issues.

I am 78-years-young, in terrific health and full of energy due to my nutritious lifestyle. Let me help fill you with energy and good health too.

Testimonials

"After working with Ruthie for only five months, I feel like a new person! I lost 45 pounds over that period and I attribute this success to Ruthie's program and her wonderful support.

On the program I've not only lost weight, but I feel healthier and more energetic.

I love having people who have known me for a long time tell me how great I now look."

Jimmie Johnson



"Quite simply, Ruthie has changed my life! Her nutritional coaching has taught me everything I need for a lifetime of health, energy, and weight control.

As a cancer survivor, I came to Ruthie primarily for guidance in reaching optimal health through nutrition. Not only did Ruthie deliver that knowledge, but I also lost 15 pounds in the process!

She's always there for me whatever the issue or question. She's the best!"

Toni Sieling



"My health is so much better thanks to meeting Ruthie. I was very concerned about losing my leg due to infection. Ruthie guided me away from sugar, explaining in detail why sugar was not only bad for my health, but how sugar fed the bacteria that caused this infection. Ruthie turned me around with love and care..."

Michael Daley

Ruthie's Program

"Just as your finger print is unique, you are a very special, one-of-a-kind person. I want to turn you around and honor your personal style at the same time."

Each program is custom tailored for your needs and lifestyle.

Program choices:

- Hourly Consultation
- 3-month, 5-month, and 1 year programs available.

Program includes:

- Initial Consultation and Personal Evaluation
- One-on-one hour-long consultations every other week, one telephone check-in per week, full dietary analysis and implementation.
- Detoxification program, shopping days at the grocery store and help with making a grocery list when necessary.

CALL RUTHIE FIELDS NOW!

You're one phone call away from optimal health and vitality.

(408) 223-0885

Fields Family Chiropractic
2919 The Villages Parkway
San Jose