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Momentum Wellness  
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Menopause and a sedentary job are not a woman's best friend, in fact they can be a woman's worst nightmare. Case in point, my nightmare. Over the last 5 years the numbers on my scale kept increasing and all my old weight loss tricks weren't working.

On my first Power Core visit I heard Jessica speak about Health & Wellness and how she learned to eat nutritious meals and still lose weight. I got together with Jessica and she set out designing a program that was designed to fit not only my physical needs but also to work on how it affected me emotionally.

What have the benefits been to me? In four months I have lost 20 pounds and 17 inches. I have also learned how to paddle a dragon boat. The greatest benefit to me was something I never expected. I have suffered with RA for the past 16 years. Since maintaining my new Keto diet I have noticed that the issues I had with inflammation in the past have ceased.

I would highly recommend Jessica if you are looking for some positive changes in your life. She is professional, very knowledgeable about nutrition, takes what she does very seriously, has a keen interest in your overall wellbeing and yet is still a lot of fun to be around.

Thank you Jessica, for being an inspiration for me!

*Kim Beasinger*

