

Bruce Bonner MASc. RNCP

Nutritional Consulting

Few individuals realize that the ability to dramatically improve their quality of health involves what they eat. The famous Hippocrates quote, "one man's food is another man's poison" is as important now as when he said it over 2,000 years ago. Is the food you are eating working for or against you? You must know what it is doing to your body. Poison or Medicine, it is your choice!

What To Expect On Your Initial Visit:

Your first appointment is designed as an information gathering session. In order to create a customized nutrition plan, I require important details about your diet and lifestyle. Therefore, your first consultation will consist of:

1. Comprehensive health history.
2. Assessment of Nutritional and Lifestyle questionnaire.
3. One week trial diet - this modification is necessary to assess how your metabolism responds.

Testing & Services:

1. Nutritional Consultation: Comprehensive Diet and Lifestyle Evaluation
2. Weight Management Plans
3. Sports Nutrition for all Levels of Athletes
4. Body Detoxification Programs
5. Advice for the Proper Use of Nutritional Supplements.
6. Infrared Body Composition Test
7. High Quality Practitioner Brand Nutritional Supplements
8. Customized Nutrition Plan
9. Computerized Biofeedback Health Assessment
 - Vitamin & Mineral
 - Food Sensitivity Testing

Cancellation Policy:

We require 24 hours notice of cancellation or a 50% charge will apply.

Bruce Bonner MAsc. RNCP
Sports Nutritional Consultant



Bruce Bonner is a Registered Nutritional Consulting Practitioner (RNCP) who holds a Master's degree in Nutrition from the Edison Institute of Nutrition. Bruce has ten years of experience in helping people attain their health goals. Specializing in sports nutrition, Bruce helps elite athletes of all levels to greatly improve their performance. Having played hockey at the Junior, University and Professional level (Germany), Bruce has a strong interest in working with competitive athletes and teams from various sports. Men and Women of all ages from minor leagues to Pro levels consult with Bruce as he blends his intimate understanding of the sports world and leading edge nutritional knowledge to help elite athletes obtain excellent results.

Creating customized meal and nutritional supplement programs really enables an individual the opportunity to have the winning edge over the competition.