



Tired of Masking the Problem Instead of Fixing It?

A New Approach to Your Health

Has your illness been suppressed and unresolved after years of medicating?

Do you fear that your quality of life and health will look worse ten years from now? Do medication side effects worry you? What will you do if fatigue and feelings of exhaustion get worse?

The Internal Balance approach is to uncover the root of the problem; unburdening the body and restoring a cleaner picture for the DNA and its powerful script written to heal you.

**CALL
(615) 818-0074**

To Get Started!



1608 Westgate Circle, Ste 200
Brentwood, TN 37027

 facebook.com/internalbalance

www.InternalBalance.com



**Distance
Nutrition
& Detox
Program**

Customized Nutrition and
Detoxification Support



Tamara Mariea PhD, CCN

Founded Internal Balance in 2000 to provide nutritional counseling services. Due to an unfortunate accident and poisoning from an organophosphate pesticide, Tamara was forced to learn how to detoxify her brain and nervous system. She has developed a proprietary, state of the art method that integrates the principles of Biochemistry, Nutritional Sciences, Bio quantum physics and Physiology to pinpoint toxic burdens and nutritional deficiencies hindering one's health and the body's ability for restoration and healing.



Internal Balance is changing my life; I am living to the fullest now!

Becky Isaacs-Bowman

At Internal Balance™, our philosophy is based on "Biochemical Individuality". Each individual has their own biological signature that encompasses not only what is natural and appropriate to their biochemical make-up, but also the collective imprint of everything foreign they have been exposed to throughout their lifetime. For people in this generation, this collective signature is most often extremely toxic with complexities that are very difficult to resolve.

Tamara Mariea, owner of Internal Balance™ uses highly specialized scientific, biochemical, bio-energetic, and metabolic testing to determine your individual biochemical and toxic fingerprint.

Our customized distance program is a convenient, simple way to find answers and address them without having to make arrangements to come to our clinic.

For only \$250, you will receive an initial 15 minute phone consultation with Tamara, our signature DNA evaluation, a follow-up consultation to go over the results of the evaluation, and Tamara's recommended nutritional and detox support uniquely targeted to your signature needs. We provide only the highest quality products and even formulate custom "Nutritional Cocktails" to address your body's specific needs.

Every 14-30 days a new DNA sample will be sent so we can adjust the nutritional support according to the changes and progress made within your body. The fee for these updates and follow-ups is \$50 plus charges for your required supports.

Give us a call today to begin your journey toward renewed health!