



OPTIMIZE YOUR GAME

WITH A HEALTH AND NUTRITIONAL ASSESSMENT

Blue Mountain Apothecary, in association with HeartLight Healing Arts' medical practitioners, offers Health and Nutritional Assessments for amateur and professional athletes, children, and families.

BEST PREDICTOR OF HEALTHY AGING?

LEAN MUSCLE MASS! *Absolute weight is NOT the key to optimal health. Body composition! Are you losing or gaining weight? Is it muscle or fat?*

BioImpedance Analysis (BIA) is an accurate means of assessing and tracking body composition:

- **Lean Muscle Mass vs. Fat** – Percent composition
- **Total Body Hydration** - both inside and outside the cell (a poorly hydrated cell infers toxicity);
- **Basal Metabolic Rate** - helps determine ideal caloric intake for weight loss and muscle building;
- **Phase Angle** - reflects cellular membrane health and a person's overall energetic vitality.

In addition to the BIA interpretation, we review & assess your nutritional and health needs to improve your athletic performance with emphasis on:

- *Building Strength and Stamina while maintaining proper body composition*
- *Improving Digestion, nutrient absorption with Macro & Micro Nutrients, proper Hydration*
- *Sleep issues, Stress issues*

LifeTime Members qualify for **10% discount** on professional services, and prescription Compounds (i.e. Sports Creams for Workouts, Recovery, & Pain)

**USE THIS OFF-SEASON TIME TO
REJUVENATE - RECOVER - GET HEALTHY
YOU SET THE GOAL -----
----WE'LL HELP GET YOU THERE!**

Blue Mountain Apothecary
9145 Gilford Road #160
Columbia, MD 21046
888-248-3266