

THE 1000 REASONS CAMPAIGN

1000 Reasons Why

Real reasons Canadians choose to work with a holistic nutritionist — and why choice, access, and recognition matter.

Your reason should feel like yours. Every journey is different, so let it sound like you. If you're not sure where to begin, the reasons below are here to spark your own.

ENERGY & EVERYDAY LIFE

Feeling like myself again

"I'm sleeping better."

"I have new-found energy and no more brain fog."

"I have so much more energy at work and at home — and I have my nutritionist to thank."

“I feel far more productive.”

“I no longer hit those 3 p.m. tired blues.”

“I’m living my best life now.”

REAL HEALTH RESULTS

Changes I can feel

“It helped me lose weight.”

“I have pre-diabetes and never want to go on insulin — I’m working to prevent that.”

◆ “I’m working with my nutritionist to help reduce the risk of my cancer coming back.”

“It helped curb inflammation in my body.”

“I’m better able to manage my pain by making the right choices.”

“I’m arthritic, and I’ve noticed better mobility.”

“I didn’t get sick this winter — my nutritionist helped me boost my immunity.”

“My seasonal allergies are much reduced.”

“My ongoing stomach issues are under control now — I just watch what I eat, and my nutritionist showed me how.”

“I’m no longer running to the restroom during meetings.”

“I no longer bloat or belch when I eat — my wife is much happier!”

“My nutritionist helped me pinpoint the foods that were triggering my headaches.”

◆ “I was able to come off my heartburn medication after working with my holistic nutritionist.”

“After prescription after prescription for recurrent infections, everything changed once I started working with my nutritionist.”

“I feel healthier than ever before — no one has helped me as much as my nutritionist.”

“I felt so good that I was able to speak with my doctor about reducing my medications.”

More than what's on my plate

“I chose a holistic nutritionist because she looked at more than just the food I ate — it was about everything that shapes my well-being. The whole-body approach was exactly what I needed, right when I needed it.”

“When I started with my holistic nutritionist, she didn't only help me — my whole family benefited. Even my husband lost 20 pounds!”

“My nutritionist helped put all the pieces of my health puzzle together.”

“My nutritionist gave me my life back.”

“I try to do things as naturally as possible, so a more holistic approach fit my needs.”

“I don't like the one-size-fits-all approach — I wanted care built around me.”

“I learned so much working with my nutritionist.”

“I've learned how to bring more good, healthy foods into my everyday cooking.”

“I can see now how much of the population struggles with poor health because of an inadequate diet.”

CHOICE, ACCESS & RECOGNITION

Why access matters

“Waiting for a dietitian through my doctor took six months.”

“I'm still waiting.”

“I want to choose the practitioner I work with — not settle because of the limits of my group coverage.”

“As an employer, I've had staff declined coverage for their nutritionist.”

“Because of a lack of insurance coverage, I couldn't continue with my nutritionist. It was a shame — we were making real progress.”

“I want a real say in every one of my health decisions.”

ADD YOUR VOICE

What's **your** reason?

Behind every reason is a person who chose their own path to better health. Yours could be the one that helps someone else take the first step — and helps make the case for recognizing holistic nutrition across Canada.

Share your reason at cannp.ca



CANNP.CA