

The Liphe Balance Center
presents:

WELCOME FOUNDER OF MAX AND JANE
SUSAN NICHOLS



Susan Nichols is a Master Herbalist and Nutritional Consultant who has been educating professionally since 1990. Her expertise is in biochemical pathways as influenced by nutrition.

Ms. Nichols' interest in holistic health pursuits began long ago under the influence of such greats as Bernard Jensen, PhD, Ann Wigmore, raw food advocate, and Dr. John R Christopher, M.D., M.H. Susan then spent decades learning where this information dovetailed or did not, with more current scientific understanding.

Susan eventually initiated and supported a bill which became law in New Mexico, NMCAAMP, which allowed complimentary and alternative health practitioners, a simple right to practice. Additionally, she advocated for commonality in language between various modalities of functional medicine, to facilitate communication regarding protocols. Susan currently resides in New Mexico with her husband, where they farm organically, support sustainable agriculture, and produce the skincare line, maxandjane.

**The importance of Nutritional Analysis
& Body Profiling**

November 3rd
7:00 pm - 9:00 pm
\$10.00

Sometimes we benefit from a fresh perspective, some additional information that can help us move a little deeper in our quest for balance and health. For over 30 years, Susan Nichols, MH, has studied functional medicine, particularly through blood cells and what they can tell us about the health of the body. She believes that information is empowering, and that health is quite individual. Genetics, environment, nutrition, and lifestyle choices, to name a few factors, all play a role. Believing that if people knew what to do to improve their health, most would do so, Susan likes to educate people on what can be understood from studying blood samples with a microscopic perspective.

She will give an introductory evening lecture, followed by a question and answer period, on topics ranging from immune function to nutritional excesses and deficits, to genetic predispositions, and environmental risks. It will be a detailed, quickly moving conversation, absolutely packed with amazing facts and fresh perspective.

**Nutritional Skincare with
Susan Nichols of Max and Jane**

November 6th
7:00 pm - 9:00 pm
\$10.00

You are invited to join us for an extraordinary evening discussion with a woman who farms sustainably in the high desert of New Mexico, and is the creative force behind a brand of beautiful, botanical, Skincare which is maxandjane.

Susan Nichols is a woman who communicates differently than others in her industry, sharing concise knowledge of holistic formulation that has garnered her a loyal following of farm to face believers. Her history includes formulating for 30 years in the nutraceutical industry, and her skin care line, at just four years old, is now distributed in three countries. She speaks freely, moving from topics of stress and aging of the skin, being nurtured by nature, to expressing our choices for balance, alignment, and happiness. We will be able to sample Susan's unique products, ask questions about our skin and health, and get answers that go deep and way beyond external beauty. There will be free samples for us to try. If you are up for an illuminating and entertaining evening, filled with joy, please join us!

Private Sessions November 4th – 8th

Susan Nichols is offering an additional one hour consult, immediately following your current blood profile, to give you understanding of your overall physical and biochemical predisposition. The body types are broken down into 4 categories, each containing ten profiles, for a total of forty types. This hour is spent identifying your body type and what occurs when certain nutrients are in excess or are deficient in relation to your profile. **\$175**

Email Barbara to reserve your space: liphebalance@gmail.com
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