

## Testaments to Our Success

**"I recommend Douglas to anyone confused by conflicting nutritional information or at a loss with traditional approaches to health. I rely on Douglas when I have questions regarding anything related to nutrition or health. His ability to help me access my own inner wisdom makes this man a true healer. I just wish I could get him to cook for me!"**

**Christine Thomas**

**"Working with Douglas has enriched my life spiritually, mentally, physically, and emotionally. I believe Douglas is not only a great clinical nutritionist, but also a modern day Medicine Man!"**

**Gene Lightfoot**

**"I feel as though I have a whole new perspective on life....and I thought I was just going to get some vitamins and minerals."**

**Peggy Schmitt**

## House Calls

Douglas is available for "house calls" to provide you with a wide range of valuable services in the comforts of your home to maximize your success in following the *Healthy Solutions* program:

- Cooking Classes
- Grocery Shopping Tours
- Pantry & Refrigerator Inspections
- Mind-Body Coaching  
and much more!

## About the Founder

Based in Houston, TX, Douglas Fleckman, BSc, FACACN, CCN has over 18 years of experience in the Complementary Health field.



His credentials include:

- Certified Clinical Nutritionist
- Fellow, American Council of Applied Clinical Nutrition
- Master Practitioner, Neurolinguistic Programming
- Advanced Practitioner, EMF Balancing Technique
- Reconnective Healing Practitioner Level III: The Reconnection
- Directional Healing Practitioner

Using lab testing as a guide and a clear understanding of biochemical individuality, Douglas teaches clients around the country how to apply the *Healthy Solutions* approach to improve their health, nurture their body and mind, and build strength from within. Douglas is dedicated to serving as an advocate for his clients throughout their journey to optimal health and wellness.

**For more information or to schedule an appointment or speaker, please contact:**

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# HEALTHY SOLUTIONS for Balancing the Mind and Body



**A self-empowering,  
unique program utilizing  
Clinical Nutrition,  
Self-Inquiry, and  
Energy Balancing**

## Are you looking for answers to your health or life concerns and not finding them?

Sometimes we find ourselves weighed down and weakened by daily internal and external stressors. These stressors can impact our physical and mental health and well-being and may cause us to feel “stuck” or unable to take the steps necessary to find relief.

To begin the *Healthy Solutions* process, it is important to understand that your mind has a powerful influence on your body, and the mind/body connection is real. By identifying the stressors in your diet and environment and understanding their effect on your hormonal balance, energy, sleep, weight, immunity, and overall state of well-being, you can achieve peace and harmony in your life, while improving your health.

**“The way you approach the problem (challenge or situation) affects the outcome of the problem. The approach is far more important than the solution.”**

**J KRISHNAMURTI**

## What is the *Healthy Solutions* approach?

The *Healthy Solutions* approach for balancing the mind and body is a self-empowering, multi-step process that uses Clinical Nutrition, Self-Inquiry and Energy Balancing to recharge the body’s battery and help us to reach our greatest healing potential. Starting with questionnaires, a life history interview and biochemical analysis, Douglas gathers information about your diet,

metabolism, lifestyle, internal and external environment, and physical and emotional stress. Using this information, together we can discover your unique “biochemical fingerprint,” which will reveal what your body and mind need to begin the healing process. Then Douglas uses the practical, easy-to-use techniques of Self-Inquiry and Energy Balancing along with his Clinical Nutrition expertise (together or as stand-alone services based on your personal goals) so you can:

- **Enhance your health,**
- **Reduce the stress response,**
- **Balance your stress hormones,**
- **Increase your immunity,**
- **Resolve emotional issues,**
- **Improve your sleep, and**
- **Generate more energy.**

## How can Clinical Nutrition impact your body’s healing potential?

A poor diet and lack of nutritional supplementation can adversely affect your physical and mental health. The *Healthy Solutions* program includes a customized nutrition plan comprised of diet and lifestyle suggestions along with vitamin, mineral and/or other supplement recommendations that will help you return to optimal physiological function. Our assessment also includes the use of anthropomorphic measurements, physical signs, lab tests, and nutrition/lifestyle analysis to guide you in your quest to take charge of your health.

**“The significant problems we have cannot be solved at the same level of thinking with which we created them.”**

**ALBERT EINSTEIN**

## What can Self-Inquiry teach you?

A special quality of energy is necessary during times of change and transformation. One major and often overlooked way that we lose energy is through conscious or unconscious mental “chatter” around emotionally charged issues or the constant attempt to “figure out” the right solution to life’s many challenges. This ongoing preoccupation with mental chatter is a waste of energy and often a roadblock to achieving optimal health.

Self-Inquiry teaches us how to recognize our mental and emotional energy leaks and eliminate the things in our lives that put undue stress on our body and mind. As a result, our minds become more calm, quiet and still, and our bodies become stronger and more resilient. Then we can be more open to true intuitive guidance and move through change and transformation in peace and harmony.

## How can Energy Balancing “jump-start” your body?

We are a combination of electromagnetic frequencies spinning in space synchronized to form the physical body. Our bodies resemble batteries. In a healthy state, they can actively recharge themselves. However, when they become depleted as a result of an unhealthy diet, overwork, surgery, illness, chemical or environmental toxicity, or emotional or physical trauma, we need a “booster charge” or “jump-start,” which Energy Balancing techniques can help you achieve.