



ARE YOU READY TO FEEL WELLTHY?

# ACTIVATE YOUR WELLTH RAINBOW

A 4-week online course with  
Edi Csanalosi aka Nutreena

75 minutes weekly video call with interactive presentation, short guided meditation and/or yoga practice, workbook exercises and an online facilitated group

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**A JOURNEY TO WELLTH THROUGH  
THE ELEMENTS, THE ENERGY  
CENTERS, DISCOVERING THE  
AMAZING UNIVERSE OF THE BODY  
SYSTEMS AND LEARNING HOW TO  
BE IN TUNE WITH THEM YOUR  
OWN UNIQUE WAY**

You will be provided with the slides ,workbook  
and the zoom link before each session via email  
**SIGN UP VIA EMAIL: [INFO@NUTREENA.CO.UK](mailto:INFO@NUTREENA.CO.UK)**

# INTRODUCTION



## **Would you like to feel well? Like really WELL?**

Would you like to have so much energy in the morning that you literally want to jump out of bed with excitement ready for the new day?

Would you want to become the best version of yourself?

Have you ever trusted your own magnificent, beautiful life? Without worries, stress, anxiety, deadlines, chores, obligations?

When did you last feel free? Can you remember?

Have you ever felt in love with life?

Have you ever felt unlimited?

Have you ever felt a sense of purpose? Worthy? Loved? Loving?

Each and every one of us has a huge potential that only we can fulfill. And to fulfill this mission we need WELLth – it's the new wealth. It is my way of expressing something so much more than either health or wealth alone.

It can't be just be a symptomless autopilot way of living; but a purposeful, adventurous life, full of meaning, connection, high vibes and love.

A life, where your essence has a chance for full expression.

**WELLcome!** I am so happy and honoured that you are here!

I have been studying all aspects of wellbeing with truly remarkable teachers in the last 10 years plus and will now show you that when you live, eat, move, think and are in a loving relationship with yourself, others and our beautiful Planet Earth, you will be able to connect with a higher power within.

That power we all have inside and can all learn to access as well.

In this 4-week online course I will share with you a strategic set of tools that include grounding practices, nutrition, yoga and meditation - to give you confidence and faith for the creation of YOUR NEW WELLthy LIFE.

My heartfelt welcome and gratitude for your trust in our journey together.

Edi xo

# ABOUT ME



My name is Edi Csanalosi and I have been studying and practicing naturopathic nutritional therapy, functional medicine and all things wellbeing and health related for over 10 years. (Dip CNM 2015, various IFM Modules, BANT and CNHC member, regular CPD events on latest science)

I am a qualified yoga teacher - 200hrs Yoga Campus London; I speak and organise corporate wellbeing events, do online nutrition talks, facilitate meditation sessions on a daily basis and I am also a raw vegan chef.

I was inspired to go on this journey because of my own poor health due to a very stressful lifestyle working in the city (investment banking) for 15 years; and a lot of trauma in my childhood.

Where conventional medicine failed me and just advised me to learn to live with my symptoms (IBS, panic attacks), I just knew there must be something else out there. My curiosity of the body's own natural healing power led me to my studies and practices.

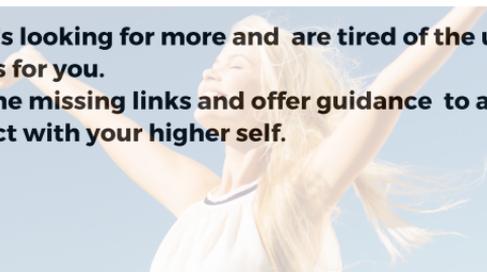
Despite the many changes I made in my life; my soul was still yearning for more.

So I kept on searching for means to find purpose, health and strength and to enable others to achieve the same.

My work has been inspired and influenced by many wonderful teachers throughout the years (Kelly Brogan MD, Dr Joe Dispenza, IFM Faculty, Jo Gamble, Kristina Evans, so many amazing yoga teachers in London and India and my beautiful private clients who had both the courage and the discipline to change their lives for the better with my guidance)

**If you are also someone who's looking for more and are tired of the usual health advices - this course is for you.**

**I will help you with finding the missing links and offer guidance to activate your best version and connect with your higher self.**





## **Week 1 - GROUNDING EARTH ELEMENT - Starting the journey to Wholeness and WELLth**

Digestive system, digestive and pancreatic glands, reproductive glands  
Energy centers 1-2

The first session will cover the element of EARTH and how to ground; all about the gut, the gut-brain connection, our deep-rooted emotions, and beliefs and their physical impact; plus the best way to start your journey to Wholeness and WELLth.

## **Week 2 - FLOWING WATER ELEMENT -Ways to regain resilience and flow with ease**

Adrenal glands - solar plexus  
Energy center 3

This week will be all about  
the WATER element;

how to flow in life including some fluid yoga moves, the solar plexus - our energy center; and our modern life stressors that block this flow; and ways to regain resilience and adrenal health

## **Week 3 - REIGNITING FIRE ELEMENT - Reigniting the passion for life in our mind, body and soul**

Heart and thyroid health, thymus and thyroid glands  
Energy centers 4-5

On the 3rd week we will look at FIRE, reigniting the passion in all energetic layers of the body. We will work with the physical and emotional health of our sacred energy centers of creation and expression

## **Week 4 - CLEAR VIBRATING AIR ELEMENT - Elevating your life state & raising your vibration to your new WELLthy way of living**

Circadian rhythm, HPA Axis, Pineal and Pituitary glands  
Energy centers 6-7

During our last session together we'll discover more about the element of AIR and how to elevate our life state to this new WELLthy mindset. We'll look at the functions and different parts of the brain; and the implementation of the WELLth rainbow way of living for life.

# TESTIMONIALS



".....With her extensive knowledge and truly holistic approach she's been the single most motivating factor in this whole process. She's made sure changes have been incremental and manageable for me, and it's been fascinating learning from her what's really going on inside my body as we go along. In summary, there is no one I wouldn't recommend Edi to. You can trust her; the woman is pure awesomeness with wheels on and magic sprinkles". - Leah, London

"I was sceptical about nutritional therapy until I met Edi. She has a solid command of the building blocks needed to restore balance and works hard to crack the difficult case. She's tough and stands her ground - always keeping your best interests at heart. If you're looking for a pushover you had better go elsewhere but if you are serious about changing your life for the better, a few hours of her time are definitely worth it! Everyone asks how, after all these decades, I finally managed to lose the 17 KG and 2 suit sizes I started the year with. I just smile and put them in touch with her!!"  
- PJ Di Giammarino, London

"We are very privileged at HSBC to have had someone of Edina's calibre and expertise when it comes to well-being. Edina's runs daily mindfulness sessions that are attended by colleagues from across the globe. During this difficult time, (Covid), we all appreciate taking some time out to be present and "in the moment". Edi uses a variety of techniques in her sessions and it really helps us to relieve stress and be able to focus on our work. Edi also runs nutrition and lifestyle info sessions where we get practical, and factual tips on ways to improve Mental Wellbeing, Performance and Stress Resilience. Thank you Edi for helping so many of us!"  
- Husam Fezzani - HSBC

"Edi has been online leading a Zoom meeting for HSBC employees, both AM and PM since March lockdown to cover all time zones on most weekdays, to deliver us guided meditation sessions with breathing technique exercises. This has acted as both a grounding point to reset stresses and for a core group to become united and established with regular attendees and often new joiners. Edi keeps it unique, varied and interesting, it is literally a breath of fresh air every single day. She also led talks on the importance of sleep, healthy immune system and nutrition habits of highly effective people. Edi has been a cornerstone for many of isolated at home during these weeks, turning into months of home working. Thank you." Karen HSBC