



Kelly Little M.Ed., NBCT Holistic Nutrition &
Wellness Consultant

I am a yoga-loving, Certified Holistic Nutritionist with 2 girls at BRMS and a little guy at Gravely. Two and a half years ago, I began working with Purium, incorporating their organic nutrition into our family's diet. Not only did Purium's "40-day Transformation" decrease my MS symptoms, our 12 yr old also followed the same protocol, which cured her of a full-body methylation disorder.

It eliminated our adrenal fatigue and systemic inflammation, gave us all deep sleep, clear focus and helped us as a family break poor eating habits and embrace a healthier way of nourishing our bodies. In addition, I lost 30 lbs, and I've kept it off ever since! I work with individuals and families who are ready to take their health to the next level.

Contact me to set up your free 20 minute consultation! 😊

Kelly Little

321.507.0333

Kelly.little.purehealth@gmail.com