

# UrbanBaby

## Be Mindful

*Wednesday, September 17th, 2008*

Having a baby has changed everything, including your mind and body. Those last 10 pounds (which you've easily shed BB) just won't leave your belly, and your brain doesn't function like it used to.

Get rebalanced: Mindful Health, headed by holistic nutritionist Nicole Glassman, offers a total body fitness plan with new technology like electrodermal screening, detox foot baths and antioxidant scans (it's not as scary as it sounds) that can help with everything from PPD to fertility issues. Or, join the 90-day program (coming up in October and November) that combines group fitness training with nutrition counseling.

Think of it as an energy boost from the inside out.

Visit [www.mindfulhealth.biz](http://www.mindfulhealth.biz).

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