



Boasting: Complete Health Education and Wellness—a lifestyle system designed by renowned Holistic Nutrition Practitioner Jessica Marie to revolutionize the way Chicagoans eat and live. CHEW profiles each client's specific bio-individuality, lifestyle, and goals to create a tailor-made health overhaul. This program includes everything from a grocery shopping experience, where Jessica helps clients select the right foods, gives supplement recommendations, and a one-on-one menu planning and cooking session. Jessica also includes services like raiding and de-junking pantries, re-organizing kitchens, teaching classes, holding workshops, and personal training. Her unorthodox approach is focused on creating an accessible, practical, and lifelong plan for weight management and ultimate health.

Famous For: An unconventional approach to promoting health. CHEW takes individuality into account, and does not discount the elements of life that nourish clients outside of food. Instead, Jessica Marie educates and aims for balance so that the changes clients make with her guidance will be sustainable and successful. CHEW introduces the necessary tools, tips, tricks, and practices for clients to attain weight loss, increase energy, renew vitality and happiness, improve digestion, and assist in disease and illness prevention.

Bonus: CHEW also offers Health & Wellness tours around Chicagoland. Highlighting local places that support healthy lifestyles makes it easier for any Chicagoan to stay healthy. Plus, they're a blast! In one invigorating walking tour, "tourists" stop by a variety of local hotspots, doing everything from taking mini introductory Pilates and yoga classes to enjoying discounted spa treatments to sampling the bounty from a local farmers' market. Tourists can expect to enjoy serious beauty, spa, and clothing discounts, as well as plenty of free goodies!

CHEW
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Complete Health
Education & Wellness

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