

# Wellness with Chia

WELLNESS WITH CHIA

## Negotiable

👤 Wellness with Chia

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📱 [See on ServiceFinder.co.nz](#)



Feeling low on energy or stuck in a cycle of cravings? We get it. At Wellness with Chia, we're all about helping you feel your best—without the overwhelm. As a trusted nutritionist in Auckland, we focus on real, lasting health solutions tailored just for you. No quick fixes, just practical, sustainable changes that work. We dive deep to find what's really going on with your health—whether it's digestion issues, fatigue, or simply feeling out of balance. Our approach combines personalised nutrition, functional health strategies, and simple lifestyle shifts to help you regain energy and confidence in your body. Your wellness journey doesn't have to be complicated. We're here to guide you every step of the way. Ready to take control of your health? Let's start today!