

# PROGRESS > PERFECTION



## MINDSET


Believe in yourself.  
You are braver than you think,  
more talented than you know  
and capable of more than you  
imagine- Roy T Bennett

## Folate or Folic Acid

**FOLATE** and **FOLIC ACID** are often used interchangeably but they are not.

**Folate** is natural.

**Folic Acid** is synthetic.

Folic acid is toxic and will make you sick if you have the MTHFR !!

Read labels. Avoid what will hurt you. Make sure you get what your body needs.

Take 15 minutes and listen here:

<https://dirtygenespodcast.podbean.com/e/episode-11-folic-acid-vs-folate/>

## SEPTEMBER DEALS



**Life**  
**Lean30**  
Your Last First Day – Start Transforming Your Body and Mindset

Join The Online Support Community!

**What's Included:**

**High-Quality Supplements** - The Lean30 program provides a selection of premium-quality supplements to support your transformation.

**Online Support Community** - The Lean30 program includes access to an exclusive online community of like-minded individuals who are on the same journey as you & allows you to connect, share experiences, get valuable tips, and celebrate your achievements together.

**Meal Planning & Progress Tracking Tools** - These tools include measurement guides, before-and-after pictures, meal formula & recipe guides, daily meal and activity tracking, and other resources that help you visualize and monitor your transformation.

 **ENHANCE**  
WELLNESS

FAMILY PRACTICE & WELLNESS CENTER



**TAMARA (TAMMY) VANDIVER RN, MSN FNPC**  
**GRADUATED FROM SOUTH UNIVERSITY, GA AND HAS BEEN A CERTIFIED FAMILY NURSE PRACTITIONER SINCE 2016. PRIOR TO THAT, SHE PRACTICED AS A REGISTERED NURSE AT CHRISTUS ST. MARY AND ADVANCED DIAGNOSTIC SURGICAL HOSPITAL. SHE HAS PREVIOUS EXPERIENCE IN THE AREAS OF ICU, TELEMETRY, ER, INTERNAL MEDICINE GERIATRICS, FAMILY PRACTICE, HRT, AND AESTHETICS.**

**CURRENTLY, TAMMY IS THE OWNER OF ENHANCE WELLNESS, WHICH IS A HEALTH & WELLNESS FACILITY. SHE IS CERTIFIED IN FACIAL AESTHETICS INCLUDING FILLERS AND NEUROTOXINS. SHE HAS A PASSION FOR DISEASE PREVENTION & BELIEVES EACH PERSON SHOULD HAVE AN INDIVIDUALIZED HEALTH PLAN.**