

## **Bhavna Srivastava & Nancy Javaras**

**Bhavna Srivastava** is a Reiki Master, teacher, and healer who brings experience and education (MBA from NY State University) to her practice in Shrewsbury, MA. She is a certified Community Health Worker, Patient Navigator, and also certified by Livestrong training for Cancer, which enables her to understand the culture of Latino and Hispanic communities as it relates to patients and family support during and after illness. She has also served as the Cultural Chair for a non-profit organization, India Society of Worcester (ISW) for 4 years.

**Nancy Javaras** has studied nutrition and weight loss for the past 18 years and has been affiliated with USANA Health Sciences for 15 years. Nancy provides nutritional consultations for her clients and is a certified LEAN coach (weight loss) with USANA Health Sciences. She has taken courses from some of the top leading doctors in the field of nutrition and wellness such as Dr. Christiane Northrup, MD, OBGYN and author of "The Wisdom of Menopause", Dr. Ray Strand, MD, and author of "What Your Doctor Doesn't Know About Nutritional Medicine May be Killing You" and "RESET YOUR LIFE (Low Glycemic Eating)". She has also taken courses with Libby Weaver, PhD, who specializes in digestion, detox, and weight loss and wrote the book "Accidentally Overweight".