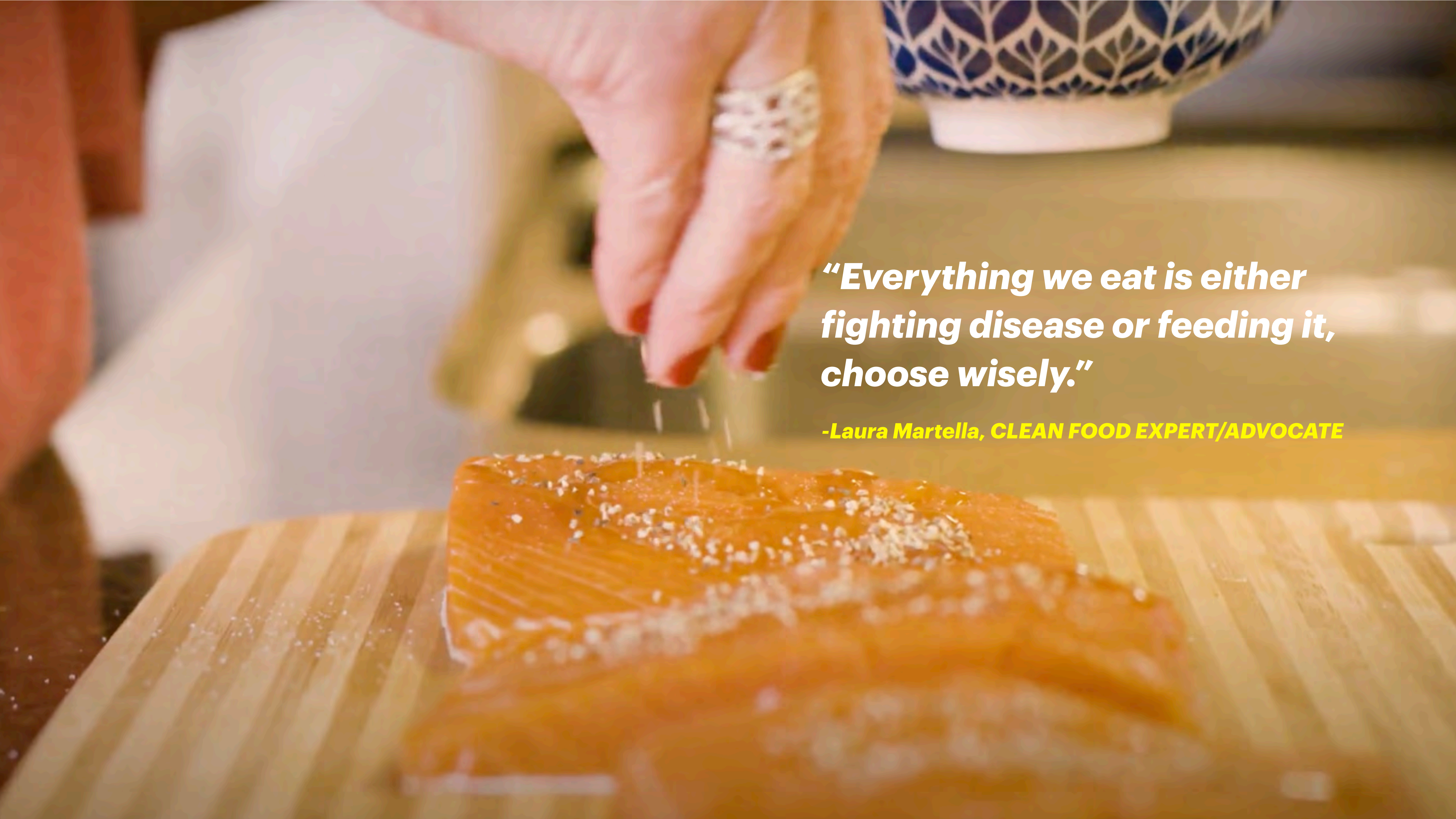


A woman with blonde hair, wearing a bright yellow long-sleeved top, stands in a modern kitchen. She has her arms outstretched, gesturing towards a variety of fresh, clean food items arranged on the counter in front of her. The food includes a roasted chicken on a platter, several bowls of fresh fruits like grapes, strawberries, and lemons, a bowl of nuts, and other fresh produce like broccoli and lemons. In the background, there is a kitchen sink with a faucet, a paper towel holder, and a potted orchid with purple flowers. The overall scene is bright and clean, emphasizing healthy eating.

EATING CLEAN

WITH CLEAN FOOD EXPERT/ADVOCATE LAURA MARTELLA

A close-up photograph of a person's hand, wearing a gold ring, sprinkling salt onto a piece of salmon. The salmon is resting on a wooden cutting board. In the background, there is a white cutting board and a blue and white patterned bowl. The lighting is warm and focused on the hand and the salmon.

“Everything we eat is either fighting disease or feeding it, choose wisely.”

-Laura Martella, CLEAN FOOD EXPERT/ADVOCATE

CLEAN EATING

THE TRUTH IS

Our federal government allows over 1100 chemicals in our foods that other countries have abolished. Big name food brands make substantial profits on genetically modified foods that wreak havoc on our bodies.

It gets worse...

Medical doctors and certified nutritionists are slapping their names on products with disease causing inflammatory ingredients. Think about it – they don't make money if you get better.

I do not sell diet products...

Trust me, there are no magic teas, shakes, bars, pills, soups or cleanses. It's quite simple. Humans were designed to eat real food to fuel our bodies. We need nourishment in order to feel satiated. When you feed your body with proper nutrients you feel happy and energized – not tired and hungry.



THE SNEAKY FOOD INDUSTRY

DON'T LET THEM FOOL YOU

When I made a commitment to stop consuming processed food, my food allergies and illnesses resolved. Your body wants to be healthy and it knows how to utilize nutrition from whole foods. Simple changes from my one-on-one customized programs create dramatic results.

Lies the food industry feeds us...

- Food brands engage in “health washing”- a practice in which a product is labeled to appear more healthy than it really is in order to appeal to people who are concerned about health. Beware of labels like natural flavors, lite, low-fat, low calorie, fat-free and low sodium to name a few.
- Our FDA allows over 1100 chemicals that have been abolished in other countries.
- Chemicals are added to our foods that were intentionally designed to make us crave more of the product.
- Many of these man made industrialized solvents and additives cause inflammation. Inflammation is the root cause of many chronic diseases including heart disease, diabetes, and cancer.



STOP DIETING AND START EATING

95% OF DIETS FAIL

Counting calories is so 1980. There are so many foods our bodies need on a daily basis that there is no reason to ever be hungry. I teach my clients how to eat real food anytime anywhere.

DINING OUT & TRAVEL STRATEGY - The number one reason diets fail is because they simply are not sustainable. We are social creatures. We want and need to be able to attend family functions and business lunches. We want to be able to travel for business and pleasure while maintaining our commitment to clean healthy eating. It is not practical or fun to take your prepackaged diet meals with you.

THE DIET INDUSTRY IS A \$71 BILLION INDUSTRY

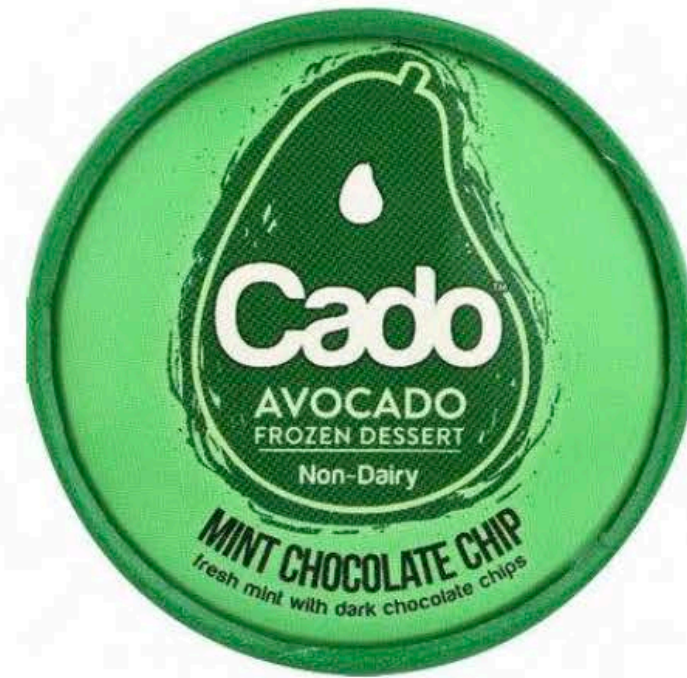
45 MILLION AMERICANS PURCHASE WEIGHT LOSS PRODUCTS EACH YEAR

LAURA MARTELLA CLEAN FOOD EXPERT/ADVOCATE WWW.CLEANFOODEXPERT.COM



BRAND INTEGRATIONS

SPONSORSHIPS AND CLEAN FOOD TASTINGS



“In my opinion, high-quality Chocolate is a food group.”



MY STORY

On July tenth 2000, After many years in and out of rehab I finally had my moment of clarity. Bulimia and alcoholism were going to kill me. It has been 22 years of recovery and I could not be more grateful or more clear on my purpose in life.

God did not keep me alive all the times I wanted to die for me to just be silent about my struggles. It is through my own personal struggles and successes that make me relatable to my clients.

Years into my sobriety while on book tour I began to suffer from migraines and debilitating bloating. I thought I was leading a healthy lifestyle, working out regularly and eating the right foods. Fortunately I went to a Dr. that was all about “optimal wellness” and practiced a number of modalities including functional medicine.

This was the beginning of my journey to becoming The Clean Food Expert. What I discovered about the food industry and the diet industry infuriated me.

“I have made it my mission to expose the truth about harmful ingredients that are allowed in our foods.”

-Laura Martella, CLEAN FOOD EXPERT/ADVOCATE

SPEAKING

CORPORATE, PRIVATE GROUPS, MOTIVATIONAL

As the CLEAN FOOD expert, advocate, and speaker, her mission is to educate and empower individuals and companies to become their own clean food advocates through fun, informative and practical programs. Laura Martella is known for speaking at events such as the Professional Women's Conference with the renowned **Deborah Roberts (ABC News)** and **Christine McCarthy (CFO Walt Disney)** at Terry College of Business/University of Georgia.

**CLEAN EATING DEFINED:
EVERYTHING WE EAT IS EITHER FIGHTING DISEASE OR FEEDING IT
- CHOOSE WISELY**

DECIPHERING SNEAKY FOOD LABELING

CALLING OUT HARMFUL WEIGHT LOSS PRODUCTS

DINING OUT AND TRAVEL STRATEGIES

BABY STEPS ARE STEPS- DEVELOPING MICRO HABITS

IT'S NEVER TOO LATE- TO START OVER AND REINVENT YOURSELF

TURNING YOUR MESS INTO YOUR MESSAGE

THE POWER OF GRACE

**MY STORY: OVERCOMING ADDICTION LED ME TO BECOME
A CLEAN FOOD ADVOCATE**



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