

Cooking Up "Recipes" for Healthy Living, Healthy Products, and Healthy Relationships



As a girl, Monique Bottger was a vision to behold. She wore glasses and braces with full headgear. She suffered from acne and red, itchy patches on her skin. And she was brainy. In other words, she was the epitome of what some would call a "geek."

She continues to embrace her inner geek because it allows her to provide people with information that helps them lead healthier, toxin-free lives.

Monique's passion for researching and sharing her knowledge about toxins began when **she discovered many of the ingredients in her daily-use products were hazardous to her health.**

Since then, she's been on a **crusade to empower and inspire people to make healthier choices** by serving up this workshop:

Swapping Toxins for Healthy Options

She helps people identify unhealthy ingredients in everyday items and **find safe alternatives** by swapping one product at a time.

Monique also believes that a **healthy lifestyle includes healthy relationships.** With over 30 years of experience, she uses her degree in Sociology / Counseling, and her years as a Certified Image Consultant, to serve up this workshop:

Cooking Up a Healthier Life: The "Recipe" for Relationship Success

The ingredients to Monique's "recipe" include **personality** (DiSC profiles), **partnership** (love & apology languages), and **presentation** (body language & clothing choices) **to help people learn to communicate better and create relationships they'll savor.**

On her blog *TheIngredientGeek.com* she cooks up "recipes" for Healthy Living, Healthy Products, and Healthy Relationships. **Monique also conducts customized seminars and workshops for companies and small groups.**

Monique Bottger
(760) 715-7848

Monique@TheIngredientGeek.com
www.TheIngredientGeek.com