

Programs We Offer

Programs for Better Health

All programs are designed to help improve your health and change your lifestyle so let's not call it a diet (it has the word die in it and eating should give life.) We will teach you the secrets to losing weight and how to keep it off for good, how to just feel better, and achieve the body you have always wanted.

- **Extreme Weight Loss & Hormonal Balancing (4-month program)**

By taking a homeopathic supplement and following a well-balanced diet your body will use its own fat for food. Men lose between 1-2 pounds a day and women ½-1 pound a day. The plan includes manual, journal, cookbook, before and after pictures, unlimited texting, and 4 one on one sessions. You are guaranteed to lose weight.

Price \$112.50/month

Monthly Fee thereafter \$205 (5th and 6th)

Add on additional one on one consulting \$50/1/2 hour \$100/hour

- **A New You (3-month program)**

Not only the perfect add-on for additional weight loss after Extreme Weight Loss and Hormonal Balancing, but also an awesome program to lose weight and understand your body and its nutritional capacity. This 12-week course includes original recipes, menus, measuring charts, before and after pictures, weigh-ins, and **weekly check-ins** to keep you on the road to success. You will learn what foods take off your unwanted pounds and for you uniquely what puts them on. One on one counseling provides not only accountability but also provides help where you need it.

Price \$265/month

Add on additional one on one consulting \$50/1/2 hour \$100/hour

- **Nutritional Therapy (3 months)**

The program includes 8 sessions. Scientifically based with paperwork done online with “Clinic Toolkit”. The client will be assessed in several ways health, antioxidant, nutritional deficiencies, and will learn how this has affected their overall health. They will receive a diet planning session with top food choices and preparation ideas. Obstacles and struggles will be identified along with symptoms and reassessment. This is an invaluable program toward better health using nutrition to help your body heal itself. The sessions will

run an hour and you will receive information each session to improve your health with food choices and possible supplementation.

Price \$300/month

Monthly Fee thereafter \$250 (2 months)

Add on additional one on one consulting \$100/hour

▪ **Diet Downsize**

On this plan, you do keep track of what you eat but you do not count calories. The plan includes weekly check-ins, one on one weight loss coaching, meals guides, and journal.

Price \$200/month

Weekly Check-in ½ hour \$50

▪ **Clinical Weight-Loss**

One on one weekly appointment, you choose a ½ hour or an hour. Weekly weigh-in/measuring, and pictures taken 2 times a month. Missed appointments will be charged. This program is a must if you just cannot seem to keep the weight off. Includes goal setting, meal planning, shopping planning, pantry purges, and much more. Working with a weight loss practitioner, you get to the bottom of your problem and start reaching your goals.

\$200/month for half-hour meetings

\$400/month for hour meetings

▪ **Sports & Exercise Nutritional Advising (3-month program)**

Preparing your body nutritional for an event is just as important as preparing physically. Through this plan, we will start 3 months before your event so that your glycogen levels stay full for the optimal physical results. You will learn what to eat and when to eat. Eating to gain muscle tone or cut 20 or 30% of your body fat, what to eat before and after you work out and how to carb load. What is a good carb? You learn how to eat the week of your event, the night before and day of the event all while learning which foods are

personally the best for you. Weekly appointments begin the journey, tapering to biweekly. You will be given food menus to choose from and will understand why your body needs what it does to properly function. One on one personal coaching.

Price \$265/month

Monthly Fee thereafter \$250 (2 months)

Add on additional one on one consulting \$50/1/2 hour \$100/hour

Bemer Oxygen Mat Therapy

Think of it as a Band-Aid for your blood. This is a mat that you lay on that has the same electromagnetic pulse as the earth. It will increase blood flow and oxygen to your body by 30%, which increases healing, helps your body's detoxification process, and will help your body to sleep better. If you have had surgery it will increase your healing time. You can also schedule LED light time which when used helps with scars, acne, and aging. You will not believe how great you feel. *Each mat session is \$15 and lasts 8 minutes. Spot treatments last from 8 – 20 minutes and are \$20.*

Recipe Redo for Health

Love a recipe but hate how bad it is for you? We will take your recipes and make them healthy and tasty, you won't even miss the calories!

How much it costs will depend on how many recipes you have

½ hour \$50

1 hour \$100