

# 90 Day Whole-Body-Health Transformation Program

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Your transformation is inevitably attainable!

A personalized program to transform your mind & body from the inside out!

This program gives you the inside scoop on what your body needs using targeted assessments and personalized solutions.

## This program is designed to support women who...

- Are age 35-65 and looking to improve body composition.
- Want to lose weight or need to overcome a weight loss plateau.
- Want to increase energy, digestion, sleep, and mental clarity.
- Want to reduce the presence and affects of stress on your body.
- Want to move better, move more, and build muscle.
- Want to improve their wellness by supporting their gut health.
- Want to improve their energetic body-field for robust wellness.
- Are driven and ready to change their nutrition and lifestyle habits and invest in their health.

## What is included in the 90 Day Whole-Body-Health Transformation Program?

### Baseline Assessments:

- **Ixcela Internal Fitness Test:** Biochemical assessment
  - The gut, and the gut microbiome, is everything from your mouth to your colon—entry to exit—and all the critters that live in there: bacteria, viruses, fungi, and cells that live in your digestive tract. Diversity is key.
  - Testing your gut provides critical insight into how your lifestyle choices and habits are affecting your internal health. But the type of data about your gut matters.
  - The Ixcela test uses a pinprick of blood (about the size of a quarter) to measure how well the bacteria in your gut are performing their jobs and creating the various chemicals your body needs. Ixcela is looking at small compounds in the blood called *metabolites*.
  - Unfortunately, stool tests only assess what comes out. DNA tests only show what your body is predisposed to based on your genes. The Ixcela gut microbiome test takes a snapshot of your gut's current performance and then provides specific nutrition, supplement, fitness, and lifestyle recommendations for how to improve it.

This assessment includes one initial test, 90 days of personalized supplements, nutrition recommendations with guidance, recipes, fitness recommendations with guidance, mindfulness exercises, and a re-test kit after 90 days.

### Bioenergetix WellNES Scan by NES Health: Bio-energetic assessment

- The NES BioEnergetiX WellNES system is designed to read, communicate with, and stimulate a change in the energy of the body.
- The NES Health voice scanning technology provides you with a holistic report of your energetic human body-field in just seconds. While this is not a medical or diagnostic assessment, the scan's bioenergetic matching process often shows a strong correlation to known health concerns. But more important, this approach looks for the underlying problem so we can address health concerns from their roots with bioenergetic solutions.

Infoceuticals are the solutions that are provided within your scan's recommendations. Infoceuticals are the proprietary remedies that support energy levels and provide corrective information to the human body-field to improve how well it's functioning. Since we see the body-field as the master control system to the rest of the human body, this approach addresses health concerns at the quantum physics level.

This assessment includes up to 6 voices scans/month and three rounds of 5 infoceuticals included while doing the 90-day program.

### Personalized One-on-One Coaching:

With the guidance and insight of the baseline assessments, we begin our work together towards greater wellness! When the assessments and their recommended supplements are combined with the effectiveness of personalized one-on-one coaching and support around the lifestyle choices and challenges that are holding you back from the life you want to live, *your transformation is inevitably attainable*. One-on-one coaching includes, 45, 60, and 90 minute talk-sessions either in-person, over the phone, or virtually. I am here to listen and help you to find solutions that work for you as you shift your mindset, decisions, and actions to align with a healthy lifestyle. Coaching will set you up for success as you carry-on into the future, empowered and equipped to have sustainable and lasting results!

### Program Nuts and Bolts:

- Program enrollment:
  - Sign-up and create accounts
  - Complete health intakes
  - Order, complete, and send in Ixcela blood test
  - Complete 1<sup>st</sup> NES Voice Scan, begin first round of Infoceuticals
  
- Coaching Sessions - Onboarding and accountability sessions to support your whole-body transformation:
  - Sessions will include reviewing Ixcela results and plan, reviewing NES scans & Infoceuticals, nutrition and fitness guidance, checking-in on mental and emotional states, reviewing goals, and celebrating results!
    - One initial 90 minute session to review health intakes and establish goals
    - Three 1-hour sessions
    - Four 45-minute sessions
  - Follow-up emails with personalized information and weekly practice-work
  - Graduation goal setting and self-health subscription options for your continuing pursuits

### Program inclusions summary:

- Ixcela kit (1 initial test, 90 days of supplements, re-test after 90 days)
- Up to 6 NES Scans/month with 5 Infoceuticals per month (more available for additional cost)
- Personalized supplement recommendations
- Personalized dietary recommendations
- Weekly recipe ideas
- Weekly mindfulness recommendations
- Realistic fitness recommendations
- Goal setting and tracking
- Accountability and support

## How to get started...

Schedule a free 20-minute live chat with. I would love to know what your vision for your life is if you

were able to transform your health for good. We can talk about whether this program can help you make your vision a reality. Regardless of whether you decide to work with me or not, I will do my best to offer you at least one action you can take to get started feeling better right away!

## Example Schedule:

- Before starting- enrollment period for intakes, purchasing Ixcela Kit, begin NES Scan and Infoceuticals
- Week 1- 90-minute session: Review Intakes and NES Scan #1
- Week 2 – 1 hour session
- Week 3 – 1 hour session
- Week 4 – 45-minute session: Review NES Scan #2
- Week 5 – Independent week
- Week 6 – 45-minute session
- Week 7 – Independent week
- Week 8 – 45-minute session: Review NES Scan #3
- Week 9 – Independent week
  - Retest w/Ixcela ships to client
- Week 10 – 45-minute session
- Week 11 – Independent week
- Week 12 – 1 hour session:
  - Ixcela Retest Review
  - Compare NES Scans
  - Review goals
  - Celebrate Results
  - Receive continuing self-health benefits

## Program Pricing:

This program is less about a service you pay ME for and more about a service you gift to YOURSELF now and in the future. It is a gift that keeps on giving! If you had a loved one in need of a life changing surgery, you would do whatever it took to pay for it. Your health is equally as valuable now and the changes you need to make are best done now, before you end up with health issues that become far more costly than this program! Invest in yourself today and you and those around you will be grateful for your energy and longevity in the future!

**90 Day Whole-Body-Health Transformation Program is valued at \$3,000\*.**

**If you book a live chat and enroll the same day, you will receive a \$500 discount!**

\*Payment options are available