

Welcome To Your New Lifestyle!

PROGRAM OVERVIEW FOR PREGNANT OR NURSING MOMS

Your supplement protocol has been customized to achieve your goals as you outlined them in your Questionnaire. Rather than a weight loss program, the foundation of this health and lifestyle program for you is a focus on improving overall health so that you can provide the best possible start to life for your baby. Once you are complete with nursing, we can tweak the program to provide for weight loss, should you need it.

Your Commitment is VITAL to Your Success

I have never had a client who followed my instructions walk away without improving their health. This program works, and it works well. But, in order to reach your goals, you must accept responsibility for your own health. Simply put, you must:

- ★ Recognize that **diets don't work**. If they did, you'd do it once and never need another. This is NOT a diet, so don't plan to put yourself on one. This is a HEALTH program and a LIFESTYLE change.
- ★ Commit to using the recommended **foundational supplements** based on your individual health history questionnaire. Herbal supplements will not be used during the time that you are pregnant or nursing, as they have the propensity to shut down your milk production. There are, however other supplements available to support your body as we repair and address metabolic and health challenges and get you moving down the road to a healthier you. **If you have any questions or concerns about these supplements, you are encouraged to seek the counsel of your physician or health care provider.**
- ★ Communicate with me daily for **12 weeks** utilizing a simple tracking system (takes less than 5 minutes each day). All communication will be via email and/or text message. Phone calls may be scheduled at any time you feel it necessary. After your 12-weeks is complete, I'll still always be available to you for as long as you need me.
- ★ Print and read all **program materials** and watch **videos** as they are assigned. This will take no more than 1 hour per week, and frequently much less. Plan to treat this like you would an actual college course. Get yourself a binder and be ready to fill it with information. The materials you will receive in this class provide the educational foundation to prepare healthy meals and support and maintain an optimal weight for you and your family for years to come.

What Can I Expect?

I've done my part, and you've made the hard choice to make your health a priority. So, once you click on that "Checkout" button, what exactly are you getting yourself into?

Week 1: CLEANING OUT THE ENGINE (AKA "Your Body")

- ➔ You'll learn to create meals and snacks for yourself (and your family) which will help rid your body of toxins and prepare it for healthy living. This is not a true "detox," as that is not recommended at this time, but this process is designed to clear out some of the "junk" that's

keeping you from providing the best nutritional start for your baby. I will provide you with an extensive list of fruits, vegetables and lean proteins on the Wednesday before class begins so that you'll have plenty of time to go grocery shopping and plan your meals. In addition to your own creativity, appropriate recipes will be provided.

- ➔ Use the recommended supplements that are specifically formulated to support your body, fill in nutritional gaps, and limit food cravings.
- ➔ Review printable materials and watch short videos which will educate you on the “why” behind the way this program is created, including how your food choices impact blood sugar. The program is structured to take the load off the liver and other body systems to effect healthy detoxification.
- ➔ Focus on relaxation and rest to give your body the opportunity to begin the healing process.
- ➔ During the first few days, I'll check on you mid-day to answer any questions you may have. But, throughout the week, you'll stay in close communication with me as your body adjusts to your new lifestyle. This process should not be miserable, and you are not allowed to go hungry.
- ➔ Check-in with me before bed each night via a text message photo of your Food Journal page.

Weeks 2 and 3: SUPPORTING BODY SYSTEMS

- ➔ Continue to explore how the foods we eat create either sickness or wellness. Additional appropriate recipes will be shared.
- ➔ Add in appropriate supplements (based on your individual health history questionnaire) that will assist in repairing the damage caused by years of poor nutritional choices.
- ➔ Review printable materials and watch short videos which will help you to better understand the difference between “good” and “bad” fats, how to build lean, fat-burning muscle, reading nutritional labels and the importance of being “present” with your food.
- ➔ Explore options for “moving your mass” (AKA exercise). You'll begin slowly and work your way up to a challenging (for you) workout five out of seven days each week. We don't strive for perfection...we celebrate progress.
- ➔ Schedule a personal phone call with me during Week 3 to reassess your goals and determine your next steps for continued success.
- ➔ Continue checking-in with me before bed each night via a text message photo of your Food Journal page.

Weeks 4 through 12: CREATING THE NEW YOU

- ➔ As in previous weeks, a few more appropriate recipes will be provided, along with video instruction to help you avoid becoming “bored” with your foods.
- ➔ Your original order of supplements will last about one month, and you'll make decisions about which (if any) you will re-order. We'll discuss this in detail during our phone call in Week 3.
- ➔ Continue your exercise routine and/or investigate new options to find a plan that works for you.

- At a minimum, you'll check-in with me each Monday morning with your new weight and measurements. But, you're also welcome to continue sharing your daily Food Journals, and I'm always here to answer any questions and provide support and encouragement. I am your personal Coach...your partner to better health now, and in the future.