

# *Clean Living Nutrition & Wellness*



**Heal. Balance. Thrive**

## Programme Overview



**Total Health & Body Rapid Results Programme**

Does the word “diet” make you cringe?

Have you tried endless diets only to feel starved, miserable and then put the weight back on?

Are you ready to lose weight for real and keep it off?

Do you want to lose weight, balance your hormones, recover your sex drive and youthful energy in just 6 weeks without ever feeling deprived or restricted again? If so, keep reading!

This groundbreaking program is evolving the way people view weight loss. In fact, it is a revolutionary way to achieve weight loss while regaining your health and your self-confidence.

Never again will you decline an invitation to a social event because you're selfconscious.

With this program, you can proudly go to the doctor's office without having to be “fat shamed”. Life happens and there are many reasons why you may have put on 10, 15 or even an extra 100 pounds. Hey! Even I put on 10-15 extra pounds last year as a result of a house move, crazy work schedule, travel commitments and simply not making enough time to take care of myself!

This program is your life jacket rescuing you from the constant back and forth waves of weight loss and weight gain. You're going to indulge in delicious, whole foods and lose weight at the same time! You will feel physically great, look outstanding and regain a confident smile. Your social life will improve and so will your health. So what's the catch?

Your commitment! We provide you with the magic wand to weight loss. Well, sort of. Our magic wand is a series of tools and steps that are easy to understand and implement into everyday life- no matter how busy you are!

Here's what's included:

- Weekly Meal Plan
- Recipe Book
- Food Swap List
- Food Journal
- Weekly Grocery Lists
- Weekly Educational Handout
- Accountability, Motivation and Support

Each week will provide you with a new, important educational component along with a simple to follow video tutorial to help guide you on an step-by-step lifestyle change for that will embed new healthy habits for life resulting in improved health and natural weight loss!

## Programme Curriculum

### Week 1: Out with the old and in with the new!

Ahead of this week you will receive a *Kitchen Clean Out Checklist*.

Say goodbye to the junk that has been stashed away in your cupboards for years. Empty out the fridge and get rid of the condiments that you don't use anymore. You will also receive the "*Getting Started with Real Food*" Cheat Sheet which explains the importance of basing your weight loss on a real, whole-food, nutritious diet rather than a calorie-cut, packaged, microwave meal plan.

Learn great tips on how to easily incorporate real, natural foods into your daily routine while cutting out refined, processed foods you may often rely on for convenience.

At the end of Week 1 you will have removed all negative temptations and will be empowered to make healthier choices from natural, whole-food sources. You will be getting into the swing of shopping and prepping for the week ahead and will begin having fun experimenting with new, tasty foods and recipes. This first week is the first step in retraining your metabolism to expend calories instead of storing them.

### Week 2: Curb the Carb Cravings

As you get further into the programme and your new eating habits, you will begin to experience cravings for sugar, starches and other unhealthy carbohydrates. This is normal but you must persevere through this stage! Your body WILL eventually get used to not consuming these unhealthy, calorie-ridden foods as you replace them with healthier options.

This week you will be provided with a Carb Replacement Cheat Sheet to help you make those healthy substitutions!

### Week 3: Banish the Portion Distortion

This week you will learn how to accurately measure out your portion sizes! When you know what the proper portion sizes are for the common foods you enjoy, then you can really eat anything you want to as long as it's in the proper portion size! You will be provided this week with the "*How To Determine Portion Sizes*" Guide to assist you.

### Week 4: Grocery Shopping Made Easy

It always amazes me just how much garbage and toxic foods are promoted as healthy. This week you will learn how to read a food label and apply this new knowledge to make sure you are meeting your daily nutrition needs. Reading a food label is a skill not many people have.

You will be provided with a new tool, "*Grocery Shopping Made Easy*" which is packed with useful information and quick tips to help make your life easier at the grocery store!

### Week 5: Balancing Your Sugar Levels for Sustained Energy

### Week 6: Eating Healthy On The Go!

Eating on the go does not have to derail your weight loss efforts. Being prepared with a strategic plan which will allow you to eat out at almost any restaurant and still stay on track!

### Summary

This science-based program is different because it focuses on lifestyle changes, not theories that don't apply to real life.

Your commitment to this program, and your health and appearance, has to be driven by an internal desire to be the best you possible –especially if you have children or are planning to have children.

Obesity doesn't just come with an unfortunate social stereotype. It is also a lifethreatening disease. Being overweight means you're at a higher risk for a heart attack, diabetes, stroke, fractures... the list goes on and go. Not only are these types of health events scary- they're costly! They also make you lose your independence. You're left at the mercy of caregivers, healthcare professionals, and family members who (even with the best intentions) will become frustrated.

You can do this!

You have the power to follow the program's simple and yummy meals plans.

The done-for-you recipe book and food swap list are empowering and easy to follow. Your food journal helps you identify and correct unhealthy eating habits. You also will receive real-world grocery lists that can be applied to any neighbourhood grocery.

**THE BEST PART:** You won't have to spend extra money and drive to the end of the Earth to find the foods recommended by this program. We provide an easy-to-buy guide for whole foods that promote weight loss and are offered at your regular grocery store.

This simple and in-expensive trailblazing program also delivers educational handouts.

You will not have to question “why” we are suggesting certain foods or techniques. We provide the complimentary information so you not only follow this program, but you understand it!

You are not alone with this program. Remember you always have access to our friendly Facebook Community, *“Gut, Hormone & Weight Loss Solutions for Chronically Stressed Women”* for 24/7 support, motivation and accountability.

However, this programme does not include live coaching sessions with Joanne, the Registered Holistic Nutritionist therefore you **MUST** be in charge of you!

The weight loss isn't going to come off simply because you buy this program! You have to implement it and here's why you should;

- It helps you choose foods that support digestion and dramatically reduce gas, bloating and heartburn
- It provides you with a feeling of relief knowing which strategic foods you should be eating at each of your meals and snacks
- You will understand how to combine foods to promote balanced blood sugar levels
- You will learn how to banish cravings and mid-afternoon energy slumps with our well balanced PM snack suggestions
- You will learn how to eat for your own health symptoms and body type through using our personalized plan and food list
- You will gain a solid understanding of your own physiological so that you can combat and kill food cravings without binging
- You can avoid binging later on in the evening when you follow our personalized plan detailing proper portion sizes for foods easily found at any grocery store
- You will learn to eat whole foods the reduce inflammation allowing your body to function optimally
- You will discover the keys to weight loss, weight maintenance and improved health all while eating food you love that is easily found at any grocery store.

**STOP** doing what you know. Start learning how to grow.

Commit to a healthier life that allows positive energy and good things to come your way. When you feel good, positive energy follows and amazing things happen to

you!

Think about it... When you're having a bad day it always seems like there is one thing after another. When you have a great day and you feel good, you attract so much more out of life! You sparkle, you shine and you're building great habits for your future!

This program will also help you to;

- Ramp up metabolism
- Decrease PMS and menopausal symptoms
- Support the cardiovascular system
- Heal digestive system complaints
- Improve bowel function
- And much more!

This time next week your metabolism can be in a better place. Fat can start to melt away from your body. You will feel sexier and happier.

This time next week you can reflect on today and pat yourself on the back for being proactive about both your health and your appearance.

Walk with your head held high in your skinny jeans months, if not weeks, from now!

Life is change. No one is ever happy or healthy when they stay the same. This progressive program is everyday-friendly and doesn't feel like work. You won't bore your taste buds and you won't feel like you're on a diet- because you're not!

Are you ready to introduce yourself to a new and healthier way of life?

Are you ready to donate your closet full of wrong-size clothing to those in need?

Are you ready to be the best you possible?

Are you ready to walk into your next doctor's appointment only to proudly announce that you've taken charge of your weight and your health?

Remember, this is a revolutionary lifestyle change- not a quick fad diet that only leaves you with rebound weight gain. Your health is worth way more than the affordable cost of the program.

[Click your way to \*The New You\* here for only \*\*£97!\*\*](#)

I'm so excited for you as you take the next step in your health transformation journey! 😊

*Joanne* x