

Health & Wellbeing

6 PART PROGRAM

Program Session Overview	
Part 1: Full Health Analysis (1hr consultation)	<ul style="list-style-type: none"> • Full body system analysis/health questionnaire • Diet analysis • Testing (blood & functional) • Health goals
Part 2: Cleanse, Reset & Heal (1hr consultation)	<ul style="list-style-type: none"> • Gut repair • Correct deficiencies • Detoxification & elimination • Address other health conditions/concerns
Part 3: Diet Education & Awareness (1hr consultation + supermarket excursion)	<ul style="list-style-type: none"> • Diet overhaul • Foods to avoid • Guided supermarket trip • How to create balance & fuel your body
Part 4: Mindfulness (30 minute consultation)	<ul style="list-style-type: none"> • How to manage stress, anxiety & becoming 'in tune' with your body • Sleep hygiene
Part 5: Physical Activity (30 minute consultation)	<ul style="list-style-type: none"> • Personal exercise regime
Part 6: Maintenance (30 minutes – 1hr consultation)	<ul style="list-style-type: none"> • Implement a sustainable and healthy lifestyle to prevent chronic disease and manage any existing conditions

Additional information:

The length of the program will vary for each individual – the minimum duration will be 6 weeks. Everyone is an individual, therefore everyone's body will respond at different rates to the program. The program can be altered to suit each individual.

About the program:

The aim of the Health & Wellbeing 6-part program is to:

- Reset & restore your health
- Provide individually tailored advice to suit your specific health needs
- Provide health education that is sustainable and can be passed on to the whole family for long term health
- Provide an understanding of the importance of nutrition & holistic health
- Create & achieve health goals that you have previously been unable to achieve
- Provide support and encouragement through your health & wellbeing journey
- Provide assistance in managing existing health conditions naturally
- Help you feel better
- Improve energy & overall health

Inclusions:

- Over 5 hours of face to face contact with a fully qualified Nutritionist
- 10-minute Skype or phone calls between each session to touch base, see how you're going and make any alterations to your program
- Recipes
- Shopping list
- Meal planning
- A one-on-one guided supermarket excursion – learn how to read nutrition labels & what to be aware of (\$100 in value)
- Supplements for gut repair (up to \$130 in value)
- Detailed program booklets

Cost:

This program has a total value of over \$650!

Full payment up front: \$550

Split payment: \$590 (in two payments of \$295)

Embrace Members: \$520

5% discount available to students & concession card holders

Contact Carmelle on 0487331813 for additional information & bookings