

METABOLIC RESET

Virtual Group Program with one-on-one access

- Computer access required
- Privacy from your own home
- One-on-one coaching provided
- Participation in group chat optional
- additional material presented here

Program manual

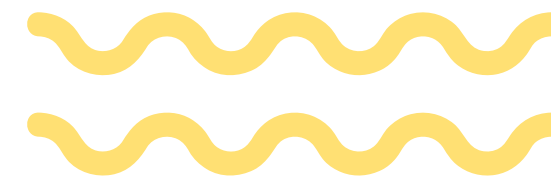
- Printed version (free)
- Digital version
- Diet and Lifestyle Plan - 10 weeks

10 Education Modules

- Printed
- Videos

+ 1 Jam-packed Bonus Module

- Printed
- Full of tools you can use



● Digital Kitchen Scale

- Weigh your food

● Tape Measure

- Take body measurements

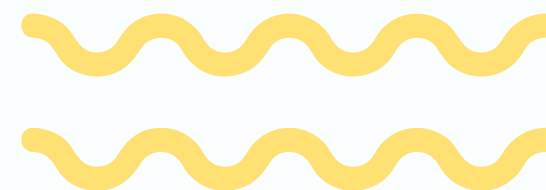
● Metabolic Drops (optional)

- Homeopathic
- Contains alcohol
- Support for weight loss, hormone balancing

● Journal

- Record intake and progress - needed for coaching
- Printed sheets
- App version

● Weekly Live Q & A



App Access

- Desktop and Phone
- Program access
- Group Chat
- One-on-one chat with Me
- Journal entries
- Protocols (as needed)
- Documents (shared)
- Forms
- Food Data Base
- Tasks



3 Live Phone Consults

- Beginning, Mid and Final
- 30-60 minutes

Personal Professional Supplements Account

- 10% discount

NEXT Steps

- Personal Guidance on next step recommendations- Mid & Final Consult

