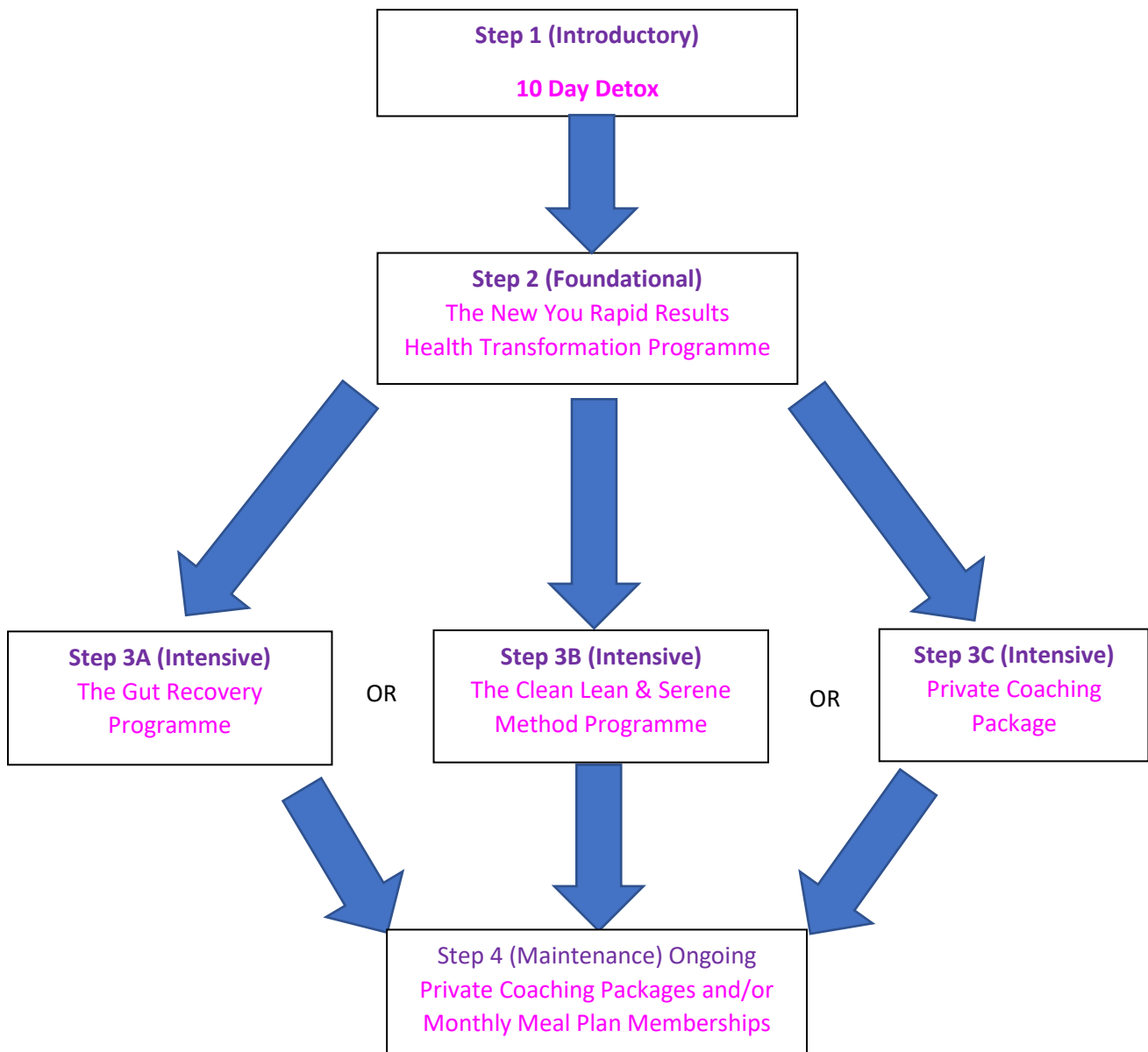




The Successful Pathway to Wellness

When you make the decision to embark on a health improvement journey, it can sometimes be difficult to know where to start. It is important you don't try to jump into something too complex too soon if your body and mind isn't ready as this will only result in difficulty committing and ultimately failure.

For this reason, I have developed a suite of options available for all stages of health recovery. Below is a recommended pathway to help you know where to start and how to progress. Read on for a detailed description of each option to help you decide on the first (or next) best step for you 😊





Step 1 (Introductory)
10 Day Body Reset Detox

If you are still eating a diet that includes artificial, processed foods with too much sugar, hydrogenated fat or refined foods and your energy is non-existent then you need to start here regardless of your ultimate health goal!

You do not pass go and collect \$200 until you have learned how to consistently implement clean, wholefood eating habits and eat in a balanced way for life. If you are still at the point where you are struggling with poor food choices, or feel like you are lacking willpower to make a lasting change, then this simple to follow detox will have you feeling better and seeing things more clearly in a matter of days.

Pleeeeeeeeeaaaaase don't try to make drastic changes without cleaning up the foundation first. If you try to build a house on a shaky foundation, it will fall.....and so will your efforts to naturally and sustainably lose weight and improve your health for the long-term.

[Click here for more information about the **10 Day Body Reset Detox**](#)

Step 2 (Foundational)
The New You 6 Week Rapid Results
Health Transformation Programme

No time to commit to 12 weeks of live group coaching calls and want a simple way to see weight loss and more energy faster?

The New You 6 Week Rapid Results Health & Body Transformation Program is your best choice.

You will be provided with a step-by-step 6 week weight loss system complete with meal plans (vegetarian option included), grocery lists, recipes and educational strategy guides to help you blast through the typical challenges of a weight loss journey.

Want to do this with your spouse? Meal plans are provided perfectly balanced for both women AND men!

[Click here for more information on **The New You** Rapid Results Health & Body Transformation Programme.](#)



Step 3A (Intensive)
The Gut Recovery Programme

The Gut Recovery Programme is a 12-module live, online group coaching programme designed to do a deep-dive into the underlying root causes of your troubling gut health symptoms by following a proven, step-by-step methodology called ***The Eraser Method***.

Even if your ultimate goal is to lose weight, you **MUST** rebalance and heal your gut health and learn how to manage stress if you are to be successful and be able to naturally sustain a healthy weight loss for the long-term.

If you have already made several attempts to clean up your diet and lifestyle but are still struggling with troubling gut pain, gas, bloating, food intolerances, inflammation and autoimmune flare-ups or if you are currently relying on prescription medications or antacids for relief and know there has to be a better, natural way, then this is the programme for you!

[Click here for more details on *The Gut Recovery Programme*](#)

Step 3B (Intensive)
The Clean Lean & Serene
Method Programme

The Clean Lean & Serene Method Programme is a 12-module live, online group coaching programme designed for women 40+ who are struggling with deep-rooted hormonal imbalances as they enter/go through peri-menopause and/or menopause and are finding natural, sustainable weight loss extremely difficult.

This programme is for ladies who do not have any significant issues with their gut health and are ready to embark on a proven, step-by-step methodology to learn not just **WHAT** to eat but also **HOW** and **WHEN** to eat to support the balance of **ALL** hormones responsible for weight gain, sustained energy and optimum physical and mental health overall well beyond your 40's.

If you are still eating a predominantly artificial, processed diet, it is recommended you begin with ***The New You 6 Week Rapid Results Programme*** (see above) before embarking on this programme. This programme assumes you are already



attempting to eat clean, wholefoods as much as possible but are still struggling with hormonal weight gain.

[Click here to find out more details about *The Clean Lean & Serene Method* Programme.](#)

Step 3C (Intensive)
Private Coaching
Package

Would you rather discuss your situation privately and get one-to-one support directly from a Registered Nutritionist who will tailor a plan just for you?

Then you need to take advantage of one of our [Private Coaching Packages](#).

Private coaching can take place either in person (if local), via video conferencing using Zoom, WhatsApp or Facebook Messenger or via phone using WhatsApp.

At your initial coaching session you will receive a complete assessment of your situation, symptoms and goals and will be provided with a step-by-step plan to help you get where you want to be with 100% support every step of the way.

You can schedule your consultations whenever you wish although you will be provided with recommendations on what frequency will work best based on the plan we set together to work around your own personal situation.

[Click here for more details on the different private coaching packages available.](#)

Step 4 (Maintenance)
Ongoing Private Coaching Packages
and/or Monthly Meal Plan
Memberships

Once you have reached your health transformation goal, whether it be significant gut recovery, your dream weight or management of other serious health conditions, you have the option to continue working together if you want ongoing support, guidance or someone to hold you accountable.



Heal. Balance. Thrive

If you feel you have your new habits fully embedded and do not require further coaching assistance, you still have the option of joining our monthly meal plan membership programme.

Monthly meal plan memberships take the time, thought and energy out of planning your healthy meals each week and give you peace of mind that your “done-for-you” weekly meal plans are not only tasty and simple but are tailored to meet your specific health needs, likes and dislikes.

Choose from a large variety of different meal plan types each month and unsubscribe whenever you wish.

[Click here to find out more about the different types of meal plan membership options available.](#)

If you have any questions, you can always reach out to me at RHN@cleanlivingnutrition.co.uk.

I'm always here to help 😊

Joanne x