



## Are you ready to feel and look better in a matter of weeks?

### Before working with me, my clients:

- Feel confused and overwhelmed
- Feel like they've lost control of their health, their body, and their life
- Have no idea how to eliminate inflammatory foods or how to make dietary changes
- Have no idea how to feel better or eat to support their health?
- Struggle to make exercise a priority
- Can't find time to take care of themselves
- Feel unattractive
- Have let how they feel hold them back from social events
- Have let stress impact all areas of their life
- Feel exhausted, emotionally and physically
- Feel depressed or have mood swings
- Feel hopeless or as if they're a failure

If you feel like this, you're not alone. Many of my clients receive their diagnosis, or maybe they're still searching for one, and leave their doctors office knowing what to do but no idea how to actually do it. Most of my clients feel like this before working with me and I've personally felt like this too.

Here's the good news: You can feel happy again because I am here to help you make permanent changes that will help you to alleviate your symptoms so that you can start living the life you want. I will be your guide and your coach, because....

### After working with me you will:

- Have transformed your eating patterns and healed your gut and your body
- Have a personalized plan that teaches you how foods will help your symptoms or make them worse
- Have learned how food affects every aspect of your wellbeing
- Have learned how to manage stress
- Have the ability to sleep through the night, feel rested, and ready to start your day
- Have an exercise plan that is sustainable and works for you
- Have your self-respect back
- Have your self- confidence back
- Own your life and your health

In control of your life My signature program, **Inflammation Transformation™**, is an intense 12-week program where I will coach you on how to reverse your symptoms and find balance in your life. Together we will focus the four pillars of InflammationTransformation™:



1. Nutrition and Hydration
2. Exercise and Movement
3. Sleep Patterns
4. Stress management

In restoring your body, your gut, and your health, you'll discover this is a journey and not a quick fix. As we work together we'll discuss your health and dieting history and determine how current behaviors, health problems, and lifestyle contribute to your symptoms, your weight, and how you feel every day. I will coach you on how to create strategies that will give you the confidence, knowledge, and peace you are looking for. When we are done you will feel transformed! This is not about small changes...this is about a *transformation*.