



## **Restore Your Health Quick Start Program**

**This 6 week program is designed to support you to jumpstart weight loss, have more energy, reduce food cravings, improve your digestion, and enjoy more restful sleep. You begin with a private 5 day guided Nourishing Foods Cleanse to begin the process.**

**Additional benefits:** Learn how to simplify and incorporate healthy eating habits into your life. Enjoy a 1-week whole foods based cleanse to gently detox your body.

### **Week #1**

Preparing for your cleanse – what to expect, tips to get started, physical and mental preparations, reviewing cleanse program outline.  
EFT - Setting Yourself Up for Success

### **Week #2**

The cleanse. We will review how you are doing, I will support you and clarify anything that comes up during this cleansing week.  
EFT - Pleasure Tapping

### **Week #3**

Post-cleanse: lessons learned, what you'd like to incorporate into your lifestyle  
Basic Food Plan What to Eat.  
Pantry set up.  
EFT Emotional Eating - Cravings

### **Week #4**

Optimize your metabolism with SUPPLEMENTS  
Refining your strategies for creating healthy eating habits that will save you time and energy.  
EFT - Clearing The Resistance

### **Week #5**

Gaining confidence in the kitchen  
Additional time tested recipes for quick and easy results

Adding in fun Smart Exercise  
EFT – Making Exercise Fun

**Week #6**

Maintaining Momentum

Easy habits to make nutritious meals part of your life

Healthy on the go, eating out, meetings, etc

Gaining support from friends; explaining healthy lifestyle to others

EFT - Conditioning In New Beliefs

**Price: \$600**

Email me at [ingrid@eatwellenjoylife.com](mailto:ingrid@eatwellenjoylife.com) to set up a FREE 30 minute strategy session to find out if this program is right for you.