**Discover Your Body, Feel Fabulous Package**



Are you tired of feeling tired, bloated, or overweight? Have you been suffering from **any of the following:** indigestion, irritable bowel syndrome, polycystic ovarian syndrome, thyroid issues, allergies, or frequent illness?  
  
Do you feel depressed, unmotivated, unworthy, or like you don’t even want to get dressed **in the morning?** Do you find yourself **overeating** or neglecting your body when life gets overwhelming?  
  
Are you tired of feeling disconnected from your body and your inner needs?   
  
I’d love to help you!  
  
  
**What you will get out of this Program:**

* You will feel back in the drivers’ seat, loving your body and knowing exactly what it needs without it feeling overwhelming or too routine. (personalized plan)
* Having identified the right supplements for your body type, you will feel more energized and awake so you stop feeling so fatigued at the end of a long work day (personalized wellness/essential oil/herbs/supplement report for your specific body)
* Know exactly why you are feeling pain and what you can do about it in the moment
* Learn specific ways to use herbs, supplement, essential oils, and flower essences to assist in physical and emotional healing
* Stop feeling like a loser because you keep procrastinating on a diet plan that you hate (find something that works and makes you want to stay the course and lose weight)
* Stop feeling like you have go at it alone. You’ll have a supportive, loving, non-judgmental space to come to each time we talk. All sessions are of course confidential.
* How to stop bottling your emotions or feeling resentful because you are afraid of what other people think of you (or what you think of yourself). I’m going to help you work through that in a safe space that is fun and transformative.
* Have spiritual tools in your back pocket that *work* so that decision-making is easy and you stop second-guessing yourself. Your confidence will soar and you get to feel like yourself again, sexy and fabulous!

**How it works:**

1. Complete your ***Feel Fabulous*** Pre-Assessment:   
First, we’ll start with an initial snapshot of your current situation so I can get to know you better and how to best support you.  
  
**2. We’ll create your *90-day Makeover* PLAN!**  
Once you fill out the form (which I will email to you) we will schedule a time to meet (in person or by phone). During this in-depth 60 minute assessment we will discuss your goals and desires, and agree on a plan of action to take you from zero to fabulous!  
  
**3. Personalized *Feel Fabulous* Sessions (available in-person or via phone or Skype)**  
You’ll work the plan with 1:1 support with me all the way to help you reach your goals!  
We will have five customized in person or phone sessions scheduled over 90 days to help you discover your body and the tools your need to heal it.

**But wait!**  
  
**There’s MORE!**  
  
In addition to all this you will also receive:

* Customized essential oil blend and spray to help you heal on a physical and emotional level ($30 value)
* Three, 14 day food diary reviews ( $147 value)
* 2 Reiki energy healing sessions with me (45 minute session) to help heal any physical pain or emotional blocks that may be keeping you from reaching your goals ($99 value)
* Unlimited email support during the 90 days ($89)

Total value of this program: $958

**Your Investment: $497** (you save $461 yay!)

A payment plan of **3 monthly payments of $175** is also available to serious applicants. The 1st payment is due at the initial consult, 2nd at the second consult, and 3rd at fourth consult. Refund Policy: **All sales are final**.

[Ready to get started? Click Here!](Discover%20Your%20Body%20Application.docx)