

# BUILDING BRIDGES To Health Naturally

Live/Dry Blood Cell Analysis

\*Cleanse \*Balance \*Heal \*Whole Body Wellness

## In.Form Lifestyle and Weight Management Course

### OUR NEW CLINICALLY PROVEN 8 WEEK PROGRAM IS AS EASY AS A-B-C

**A - Acquire new information.** Stop the confusion around nutrition! Our program is designed to build a healthy microbiome with the focus being on the brain and gut. Program includes a work book, food journal, additional insights, handouts, activities and metabolic measuring.

**B - Building or rebuilding the body.** Did you know with the right nutrition and regime, anyone can rebuild their body in less than a year! Through building a healthy microbiome, we reset our bodies and boost our metabolism. This also gives us a positive brain-gut connection, allowing the body to heal from the inside out! (*Hering's Law of Cure*)

**C - Cleanse.** Find out which toxins are the most damaging, how to avoid them, and remove them!

### Make a daily food plan of:



3 servings of protein    5 vegetables    1-2 fruits    2 healthy fats    2 dairy/alternative

Each meal needs to include a protein, fiber, good fat, and greens

From nutrition and making good choices, to balancing emotions and removing stress, this program is more than just weight loss—it is transformational change for lifelong health! This will truly be an expansive

and impactful 8 week weight loss and lifestyle management program that you will not want to miss!

Kick off this season with a healthier YOU!!

## **7 TIPS TO A HEALTHIER YOU!**

### **#1 Trust Your Gut**

Eat only when you're hungry

### **#2 Drink Water**

Needed for all the functions of a healthy body

### **#3 Snack Healthy**

2 -3 preferably raw, whole food snacks to avoid overeating

### **#4 Eat in Moderation**

Become aware of what your body is feeling and when it is satisfied

### **#5 Don't Eat After Dinner**

Energy expenditure is at its lowest then

### **#6 Get Moving**

Exercise is key to losing weight and staying healthy

### **#7 Get Enough Sleep**

Lack of sleep goes hand in hand with an overactive appetite and cravings for fattening foods

**If you are interested in joining this exciting, & interactive program contact us at:**

**Phone Clinic: (403-343-8547)**

**Email: [admin@buildingbridgeshealth.com](mailto:admin@buildingbridgeshealth.com)**

**Cost: \$300, or bring a friend and each will receive a 25% discount**

**\*Drop in options available**