



GUT HEALTH



PAIN-FREE * ENERGISED * HEALTHY

HEAL-YOUR-GUT

Each day healthier- one meal at a time

Specialised heal-your-gut program that is evaluated continually and adjusted accordingly to the specific needs and results of the client. Gut-related coaching, videos, personalised menu plans and recipes included.

Rewrite your story



GET YOUR HEALTHY BODY BACK



- Expect to get rid of joint pains, muscle pain, migraines, gout, stiffness from as soon as 21 days.
- Strengthen your immune system with the best food strategy.
- Healing your gut with food that restores it.
- Clear mind (no mental fog - sharp and quick thinking)
- Elevated mood (your mental health depends on your gut health)
- Healthy skin (a healthy inside will show on the outside)
- More energy to enjoy life fully again.
- Weight loss (if necessary).
- Gain the knowledge how to live a gut-healthy, pain-free, life!

There is a new chapter waiting.

Rewrite your story



12 WEEK JOURNEY TO A PAIN-FREE, HEALTHY BODY

- An initial health and food analysis
- Research and coaching to address your specific health challenge.
- A **personalised menu plan** designed for your food preferences and goals.
- Menu plan adjusted weekly based on your progress and feedback
- Recipe book with 90+ delicious and easy recipes
- Daily nutritional journal to plan and revise meals
- Weekly evaluation and support:
 - Measuring progress
 - Follow up action plans
- **8 sessions** (1 hour) focused on optimal nutrition for health, mind-body-gut connection and the power of habits.
- Selected videos and inspirational material that equip you with the necessary knowledge.
- Step-by-step **personal support** to reach your goals.
- Strategies to implement lasting healthy habits that will support a healthy gut and body.





Rewrite your story



FOCUS OF 8 COACHING SESSIONS

- Session 1: An overview of the program. Downloading your recipe book, menu plan and other key components from the members' page. The power of optimal nutrition. The nutrient-excellence scale.
- Session 2: The impact of acid/alkaline-forming foods on pain.
- Session 3: The journey towards a healthy gut. The best foods that heal your gut. The key components in food to support gut-health.
- Session 4: How to design your own menu plan. Food strategy plans for special occasions, traveling and holidays. How to improve any recipe to a healthier version.
- Session 5: Going deeper into GUT health. The latest research on fiber, gut diversity and a strategy plan to build a robust microbiome.
- Session 6: Fasting as a way to heal your gut. Different types of fasting and where to apply what strategy for optimal results.
- Session 7: The mind-mood and gut connection. How to live an unhurried life and manage stress well.
- Session 8: How to replace bad habits with lasting good habits. Systems for success and consistency in future wellbeing.

THE 7 STEPS TO A HEALTHY GUT AND A PAIN FREE BODY

1. DEFINE YOUR GOAL

2. GAIN THE KNOWLEDGE

3. DESIGN A STRATEGY

4. SYSTEMS FOR SUCCESS

5. ACCOUNTABILITY AND SUPPORT

6. CONSISTENCY

7. CELEBRATE YOUR SUCCESS

Your commitment to your success is to choose Light2live to partner with you on your new journey. Our commitment to your success is to help you achieve your goals using these 7 stepping stones.

Rewrite your story





**Small steps add up
to big victories!**

**Will you take the
next step?**

PAYMENT OPTIONS

Once-off: R5750

Save R500 with EFT payment

2 payments: R2900 x 2 months

3 payments: R1950 x 3 months

6 payments: R988 x 6 months

10 payments: R595 x 10 months

www.light2live.com

Rewrite your story _____





**SAVE R500
WITH EFT!!**

Pay only **R5 250**

Payment to:

Bank: Nedbank

Account holder: Light2live Pty Ltd

Account nr: 1214675719

Type: Current account

Reference: Your name and surname

Send proof of payment to:

Account@light2live.com

Rewrite your story _____

