



**GUT
HEALTH**



**6-MONTH
CLIENT SPECIFIC
PROGRAM**

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 RID OF PAIN AND DISCOMFORT

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!

Rewrite your story _____



www.light2live.com
info@light2live.com





6 MONTH 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

• **7 sessions** (1 hour) focused on optimal nutrition for health, mind-body-gut connection and the power of habits.

• Plus: **5 appointments (1 hour) allocated to the client-specific needs.**

- 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.





FOCUS OF 7 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. How to design a gut-healthy menu.
- Session 4: Going deeper into GUT health. The latest research on fiber, gut diversity and a strategy plan to build a robust microbiome.
- Session 5: Fasting as a way to heal your gut.
- Session 6: The speed of your life and gut health. How to live an unhurried life. The power of sleep and how to rest well.
- Session 7: How to build good habits for excellent health. The key to being healthy for life. How to improve any recipe to a healthier version.

Rewrite your story _____



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 _____





Light²
LIVE

COMMITMENT = SUCCESS

Once off price: R14 950

EFT: R500 discount (R14 450)

3 month payment: 3 x R5250

6 month payment: 6 x 2650

Rewrite your story





**SAVE R500
WITH EFT!!**

Pay only **R14 450**

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 _____

