



Clean Living Nutrition & Wellness

Signature 12-Week Coaching Programme from Survival through Recovery to a Life Full of Abundant Energy & Vitality



Programme Benefits & Outcomes

This 3-month LIVE coaching programme is an interactive and informative learning experience where you will be guided step-by-step through everything you need to know and do to stop living in fear and instead take back control of your health.

By the end of this programme you will look and feel healthier and stronger than you have probably done in years! You will discover:

- Increased, sustainable energy throughout the day so you can go out and enjoy life again!
- Relief from your muscle and joint pain so you can live a life with no movement limitations.
- No more “brain fog”! Think clearly and with more focus and less confusion.
- Deeper, more restful sleep so you can start the day refreshed and can enjoy the day without nagging fatigue.
- Relief from constant anxiety and worry of recurrence because you KNOW you are doing everything in your power to build an immune system that has the strength to defend you!



Clean Living Nutrition & Wellness

- Healthy weight management. Whether you need to lose weight or gain weight to support your health in the future, you will learn the strategies to reach your goal and maintain it for life.
- Glowing hair, skin and nails! These are often physical attributes that take a beating during cancer treatment and make a big difference in improving our self-esteem and confidence.

Programme Format & Delivery

- Three modules broken down into 12 easy-to-follow LIVE master-classes delivered weekly via video conferencing.
- Each LIVE session will be approximately 60 minutes which will consist of a visual tutorial which will teach the subject matter in an interesting, educational, interactive presentation followed by a Q&A session.
- 12 x weekly emails BEFORE each weekly master-class to provide you with the necessary tools/visual aids/resources you will need to prepare/participate in the master-class.
- 12 x weekly emails AFTER each weekly master-class with a summary of lessons learned and action steps to enable participants to put their learning into practice.
- All-around access to the “Clean Living Action Takers” Facebook Group for programme members only. This is a great resource to get valuable motivation and support from other programme participants in between master-classes and is a fun, friendly, safe environment to share each others’ stories.

Programme Investment & Registration Details

£398 GBP

(Can be paid in two instalments of £199 prior to programme commencement)

Once registration is open the registration link will be LIVE on the website.

Visit the [Clean Living Nutrition & Wellness website here](http://www.cleanlivingnutrition.co.uk).