



# 4 Week Women's *Wellness to Weight Loss* **CHALLENGE GUIDELINE DETAILS**



Ok! Here are the 4 Week Wellness to Weight Loss Challenge Guidelines. There is a LOT of information in this document so please read it carefully. Please print out the Quick Reference Guidelines and put them somewhere where they are easy to see during the Challenge. If you hit barriers along the way please reach out. I offer some really amazing services that can help with overall health, hormone balance, mental and emotional health, and diet and lifestyle changes (my info and website is listed in the resources).

This challenge is designed to both educate and motivate you to make a healthy lifestyle change and work toward your goals. It is made to be adaptable. You should start somewhere that challenges you a little but not a lot. Try to incorporate a little from each category, focusing your priorities on the top-level categories first. A few tips to begin:

- **LISTEN TO YOUR BODY!** The more you listen, the more it will tell you.
- **Don't compare yourself to others.** This challenge is designed to help you focus inward on your own specific needs.
- **Don't sacrifice your body for "results."** There is NO need to sacrifice your health or body in order to obtain the results you want. Doing so is not sustainable or healthy.
- **Don't try to incorporate everything all at once!** Be sure to only take on what you can actually handle so you don't burn out.
- **Be realistic with your circumstances.** The truth is Life is not going to get out of your way so you can focus on your health so you must balance your goals with your current life situation.
- **IF YOU HAVE ANY HEALTH CONDITONS,** please seek medical care before starting any major lifestyle changes. I am not a doctor and do not play one on social media. If you do not have a doctor or you feel your doctor is not treating you with the "whole body" in mind, I recommend looking for a "functional medicine", "naturopathic", or "holistic" medical professional or doctor who can focus on whole body health.

# THE 8 WELLNESS CATEGORIES

The Challenge Guidelines are broken down into 8 categories. Below you will find a chart with the details of each category. The categories (in order of importance) are:

## 1. STRESS REDUCTION

- Chronic stress keeps your body in “fight or flight” mode which makes it impossible for your body to “rest and digest.” This means it cannot digest, metabolize, and detox the body in a healthy way. Its only goal is to survive. It’s a beautiful system when it is in balance, but our modern lifestyles have taken us out of balance. Many people are “stuck” in this survival mode. This inhibits normal hormone function and can affect all our body systems.
- Chronic stress is the #1 underlying cause of chronic disease next to a poor diet. That is why stress reduction is the #1 category for the 4 week Challenge.

## 2. SLEEP (QUALITY & QUANTITY)

- The right quantity and the proper quality of sleep is ESSENTIAL for health. Poor sleep robs your body of the time and space it needs to heal and detoxify and can lead to physical, emotional, and mental health issues.

## 3. WATER INTAKE

- Every cell in your body contains water and water is needed for ALL body processes including detoxification (think “weight loss”). Your body NEEDS water to survive and thrive.
- Your water should ALWAYS be filtered to some degree to remove impurities. Your body is NOT a filter and can be overloaded with contaminants from unfiltered water.

## 4. WHOLE FOOD DIET

- For this challenge I am recommending a “Whole 30” diet plan as it emphasizes whole foods and cuts out sugar, processed foods, and unhealthy ingredients. A Whole 30 diet is meant as a 30 day reset diet, not a long term diet plan. Your main focus here is on the “Foods to Eat” and “Foods to Avoid” lists.

## **5. ROTATIONAL INTERMITTENT FASTING**

- Rotational intermittent fasting is a POWERFUL tool for weight loss and hormone balance. If you've tried intermittent fasting before and did not find success with it, it doesn't mean that TIMED ROTATIONAL fasting won't work for you. The reason this category is #6 on my list is because the other higher level categories must be somewhat in balance for this tool to have it's greatest effect but DON'T discount this category as less because of it's place on the list. Though it's farther down, rotational intermittent fasting can make some of the biggest changes to your overall health, weight loss, and hormone balancing program.
- This type of fasting is food-only fasting unlike some religious fasts. It's important to stay hydrated during your fasting window. Minerals and electrolytes can help curb hunger cravings along with hydration.

## **6. MOVEMENT AND EXERCISE**

- Strenuous exercise is often prioritized in weight loss programs but strenuous exercise can actually PREVENT weight loss instead of promote it. This is because exercise can cause stress on the body and when the body is stressed it cannot (and will not) lose weight and detox very readily.

## **7. DETOXIFICATION**

- Detoxification is a normal part of living and our modern lifestyles bring with them MANY toxins that can poison the body if they build up in our systems. Many people's body's are not detoxing properly. If your goal is weight loss, your body needs a WAY to get rid of that excess weight (weight=waste). Your detox pathways must be functioning for this to occur.
- Please Note: there are a large number of people who have gene mutations that don't allow the liver to detox the body or itself properly. This can lead to a build up of toxic materials and waste and can cause chronic or acute health issues. If you suspect you have a detox issue, please message me.

## **8. Hormones**

- Hormones are chemical messengers in the body that often coordinate with each other. Imbalances in any of these hormones can create a domino effect in the body, affecting everything including the female hormones cycle.
- Keeping track of your female hormone cycle during this challenge is important as we will use it to coordinate several guidelines.

# #1 STRESS REDUCTION

## Guidelines

Do meditation, breathwork, neuro drills, or other nervous system relaxation techniques at least once a day but recommended multiple times a day (preferably for 2-10 minutes each time)

## Details

It's recommended to take a few minutes multiple times a day for these types of exercises. Even something as simple as a sigh can reduce stress in the body. If you only do it once a day be sure to do it before bed time to help you sleep. Resetting your nervous system is like working out a muscle; the more you do the exercises the better your nervous system gets at calming down. PLEASE NOTE: Some people are chronically "stuck" in fight or flight (stress) mode and might need to seek professional help to reset their nervous system. Trauma and environmental factors can cause physiological stress that can't always be seen. Brain Integration is a service I offer (see resource below) that can help people come out of chronic "fight or flight" mode in order to reset their nervous system and reduce or eliminate anxiety and depression.

## Strategies and Adaptations

- sighing is a quick way to reduce stress in the moment
- 4-4-7 breath (<https://www.youtube.com/watch?v=lumIKwyx8pg>)
- meditation (there are lots of types, find one that feels comfortable and works for you. If it feels "weird" at first, that's ok! It often takes practice for it to feel normal or helpful.
- Meditation and breathwork are powerful tools and are easy to combine.
- neuro drills (videos to come on the group page)

## Optional Resources

### Core Body Integrative Health

[www.HealthToTheCore.com](http://www.HealthToTheCore.com)

- Brain Integration - helps with stress, anxiety, & depression
- Health Coaching can help you find the right strategies for your needs
- Neuro Drills (videos to come on the FB page)

### Breathe with Sandy (on YouTube and Patreon)

<https://youtu.be/OYa-EJAMDjg?feature=shared>

[https://youtu.be/8GTd3u\\_qwGA?feature=shared](https://youtu.be/8GTd3u_qwGA?feature=shared)

### 5-Minute Mediation example

<https://youtu.be/Tov4KVGxm64?feature=shared>

### Morning Meditation example

<https://youtu.be/-X51SK1WEoE>

### Sleep Meditation example

<https://youtu.be/hmC3iFkEd3M?feature=shared>

**Asana Rebel** (includes yoga, meditation, and music in one app) is having a New Years sale right now! You can find it in the app store.

# #2 SLEEP

## Guidelines

Get 7-8 hours of quality sleep every night. Avoid bright lights and blue light at least 2 hours before bed and block out all light while you sleep (can use an eye mask). Get bright sunlight first thing in the morning.

## Details

Quality sleep is essential for recovery, rebuilding, and detoxification of the body. Getting QUALITY and the right QUANTITY of sleep is essential for hormone balance, weight loss, and overall health as well as nervous system regulation. Having a good nighttime routine or good “sleep hygiene” can ensure your body understands and responds appropriately to nighttime signals and begins to release its own melatonin because of the signals you are sending to it. The normal release of melatonin at the right time will help you sleep better and deeper at night. This regulation of the sleep/wake cycle is powerful in regulating many hormone and other body processes.

## Strategies and Adaptations

- avoid blue light from electronics 2 hours before bedtime (either don't use them or wear blue light blocking glasses); this signals the proper release of the hormone melatonin to help your body get ready for sleep.
- avoid light at night while you sleep. Best practice is to use a sleep mask, blackout curtains, a dimmable alarm clock, etc.
- expose yourself to bright light within 20 minutes of waking if possible; this starts the “cortisol awakening cycle” for the day and helps your body understand when it's day vs. night and helps to regulate the body's hormones
- sleep in natural fibers that can breathe; some man-made fabrics can affect how well you sleep
- sleeping in a cool room can be beneficial for some people
- cold plunging can help aid in deeper sleep
- doing meditation, breathwork, and other nervous system drills prior to bed can help you relax and fall asleep easier as well as sleep deeper
- making sure you are not eating at least 3-4 hours before bed time can help you sleep deeper
- using a grounding sheet can help some people sleep better

## Optional Resources

### **Core Body Integrative Health**

[www.HealthToTheCore.com](http://www.HealthToTheCore.com)

- Brain Integration
- Health Coaching

Brain Integration and Health Coaching can help you sleep better and get in a better routine to improve how well and how long you sleep.

Sleep masks can be found locally or on Amazon. I prefer the ones with “zero eye pressure” design.

Black out curtains, dimmable alarm clocks, and grounding sheets can be found locally or on Amazon

# #3 WATER INTAKE

## Guidelines

Drink PLENTY of water. Add mineral salt or electrolytes as needed for optimum hydration. You can also drink herbal tea and plain coffee (\*limit coffee to 1 cup per day and only in the morning).

## Details

Water is needed for all your body processes including detoxification (weight loss) and hormone production and transportation in the body. Insufficient hydration leads to a number of health problems and affects all body processes.

## Strategies and Adaptations

- Rule of thumb is to divide your weight (in pounds) in half. Drink that many ounces of water each day.
- For example, if you weigh 200 pounds you'd drink 100 ounces of water each day.
- Adding a pinch of mineral salt to your water can help your body absorb it
- Electrolytes are also a good idea for hydration (and can help cut cravings during fasting windows)
- Lemon water in the morning can help with detoxification and alkalization of the body.

NOTE: Do NOT add regular iodized table salt to your water. Mineral salt includes Himalayan pink, Real Salt, and Celtic Sea Salt. Also, when it comes to adding electrolytes be sure to find a sugar free and dye free option without artificial flavorings. My favorite kinds are listed below.

## Optional Resources

### Core Body Integrative Health

[www.HealthToTheCore.com](http://www.HealthToTheCore.com)

- Brain Integration
- Health Coaching

**Water filtration** can range in price from \$20 to several thousand. If anything, use a Brita water filter while you work on another filtration system. DO NOT just drink store bought filtered water in plastic containers. Plastics is not healthy or good for hormone balance. I personally have an under-the-sink reverse osmosis filter that ionizes and mineralizes the water and we installed it ourselves. Then we use glass or metal reusable water bottles.

### My favorite mineral salt brands:

Baja Gold Mineral Sea Salt  
Real Salt

### My favorite sugar free electrolytes:

Trace Minerals Keto Electrolyte Powder  
LMNT  
Buoy

# #4 WHOLE FOOD DIET

## Guidelines

Focus on whole fruits, vegetables, meat, healthy fats and oils. Cut out processed foods, sugar, artificial ingredients and sweeteners. Follow a “Whole 30” diet plan (modified as necessary for you).

## Details

A Whole 30 diet is designed as a short-term reset diet. It cuts out sugar, processed foods, and other unhealthy ingredients. Strictly following a whole 30 diet plan can be difficult for many people so adaptations can be made with the understanding that sticking more loosely to the diet plan can bring delayed results but lowering stress on the body is a high priority for health. If you need to you can “step down” on your sugar intake. This means swapping sweeteners like real maple syrup, raw honey, agave nectar, stevia and monk fruit extracts (no erythritol) for processed sugar in order to “step down” sugar cravings and addiction. This should be done only within the first week or two.

## Strategies and Adaptations

### FOODS TO EAT

- All whole fruit (raw and cooked)
- All whole vegetables (raw and cooked)
- Meats and eggs of all kinds (variety is important). NO processed meats or hotdogs unless they have no added sugar or preservatives
- Nuts and seeds and nut and seed butters. NO peanuts
- Healthy fats and oils like coconut oil, avocado oil, virgin olive oil, MCT oil, pumpkin seed oil; ghee is the only acceptable form of dairy
- Olives and Avocados
- Probiotic rich foods like kefir and real sauerkraut
- Condiments that are Whole 30 approved

### FOODS TO AVOID

- Processed and packaged foods
- Sugar and artificial sweeteners
- Caffeine and alcohol
- Seed oils like canola, corn, sunflower, safflower, vegetable, peanut, etc.
- Processed meats like lunch meat and hot dogs
- Dairy (except ghee)
- Grains and grain based flours
- Legumes like beans and lentils
- Peanuts and peanut butter
- Condiments that are not Whole 30 approved

## Optional Resources

**Core Body Integrative Health** ([www.HealthToTheCore.com](http://www.HealthToTheCore.com))

- Brain Integration - can help the body overcome cravings and addictions
- Health Coaching - can help with meal planning and accountability
- Allergy Elimination - for allergies and food sensitivities

When searching for recipes look up “Whole 30 .....” to find specific recipes. I will also be sharing some of my favorite easy recipes.

# #5 TIMED ROTATIONAL FASTING

## Guidelines

Fast on a rotational cycle timed to your hormone cycle (if you have one) or per the guidelines (if you don't). Stop eating by 6 pm each day in order to allow your body to have a break overnight to aid in a better night's sleep and proper daily detox. This is a food-only fast. Be sure to stay hydrated!

## Details

Rotational fasting takes advantage of the shifting hormones in the body throughout the month. Rotational fasting, timed to your cycle helps your body get on track. Fasting gives the body a break from digestion and metabolism processes in order to "take out the trash" and do maintenance tasks it's been saving up. Longer fasts can promote stem cell production in the digestive tract and throughout. It stimulates the immune system, can even help regulate blood sugar, and heal digestive issues and dysfunction. This is a POWERFUL tool in hormone balance and weight loss.

Timed fasting can help break through plateaus in weight loss, can help the body heal from chronic diseases, can help the detoxification and healing mechanisms in the body, and can aid greatly in hormone balance.

This program only shares a SMALL amount of information about the intricacies of timed rotational fasting for health, weight loss, and hormone balance and how you can use it to fine tune all these things and more for better health.

## Strategies and Adaptations

Timing your fasts to your cycle ("days" below refers to the days in one cycle with "Day 1" being the start of your period).

**Level 1: Beginner** (*has never fasted before or is not in a fasting routine already*)

- Stop eating by 6-8 pm every day and then:
- Days 1-20: Fasting 13 hours
- Day 20- end of cycle: no fasting

**Level 2: Intermediate** (*has done some fasting or is ready for a greater challenge*)

- Stop eating by 6 pm every day and then:
- Days 1-4: Fasting 13 hours
- Day 5: Fasting 15 hours
- Days 6-10: Fasting 17 hours
- Days 11-15: Fasting 13 hours
- Days 16-19: Fasting 13 hours
- Days 20- end of cycle: no fasting

**Level 3: Advanced** (*used to fasting or in a regular fasting routine*)

- Stop eating by 6 pm every day and then:
- Days 1-5: Fasting 15 hours
- Day 6: Fasting 24 hours
- Days 7-10: Fasting 17 hours
- Days 11-15: Fasting 15 hours
- Day 16: Fasting 24 hours
- Days 17-19: Fasting 17 hours
- Days 20 or end of cycle: Fasting 13 hours



# #5 TIMED ROTATIONAL FASTING CONT'D

## Additional Details

\* if you are in menopause you will cycle your fasting as noted above, you will just pick a start date.

\*\* If you have an irregular cycle, you will do your best to pick your start date and fast as noted above. Once your cycle starts to regulate you will time your fast starting with “Day 1” of your cycle when your period starts.

\*\*\* If you are pregnant or nursing YOU DO NOT FAST! And you should not be having dietary restrictions like the ones outlined in these guidelines

## Optional Resources

### Core Body Integrative Health

[www.HealthToTheCore.com](http://www.HealthToTheCore.com)

- Brain Integration - can help with motivation and organization surrounding big lifestyle changes
- Health Coaching - health coaching can help you adapt a fasting routine that can help you maximize your results and adapt this with other guidelines for better success

A private personalized health coaching session can help you find a good balance in your fasting routine and can teach you ways to “get more” out of fasting in order to tip the scales, break through plateaus, and balance your hormones.

### “Fast Like a Girl” – by Dr. Mindy Pelz

(\*if you are serious about fasting, weight loss, and hormone balance, I highly recommend this book!

# #6 MOVEMENT AND EXERCISE

<b>Guidelines</b>	Prioritize stress-reducing exercise techniques and try to move regularly throughout the day. If you are already in an intensive exercise routine be sure to focus on lower stress exercises on days 20 to the end of your cycle.
<b>Details</b>	Consistent but low impact movements throughout the day can help boost metabolism while still keeping stress levels low. The key to using exercise in your favor when it comes to weight loss is avoiding unnecessarily stressful exercise routines, especially on days 11-15 and 20-30 of your cycle. The best days to do more strenuous exercises is days 1-10 and 16-19, though if your priority is hormone balance, stressful exercises should be minimized initially.
<b>Strategies and Adaptations</b>	<ul style="list-style-type: none"><li>• Yoga, tai chi, and walking are examples of stress relieving exercises. Taking 5-10 minutes at a time several times a day to do simple exercises like squats, lunges, pushups, etc is another way to keep active, boost metabolism, and stay fit. Prioritizing mobility and core strengthening exercises can help keep your body strong</li></ul>
<b>Optional Resources</b>	<p><b>Core Body Integrative Health</b> <a href="http://www.HealthToTheCore.com">www.HealthToTheCore.com</a></p> <ul style="list-style-type: none"><li>• Brain Integration - can help with overall coordination including hand-eye coordination and balance</li><li>• Health Coaching</li><li>• Muscle Re-Activation - helps with weakness, pain, range of motion, surgeries and injuries that haven't healed fully, pelvic floor weakness and dysfunction</li><li>• <b>Asana Rebel</b> - yoga, strengthening, mobility, meditation, and music all in one app! They are having a New Year's sale and it's quite inexpensive for a first year membership.</li><li>• <b>Knees Over Toes Guy</b> (<a href="https://www.atgonlinecoaching.com">https://www.atgonlinecoaching.com</a>)</li><li>• <b>Beard the Best You Can Be</b> - mobility training (<a href="http://beardthebestyoucanbe.com">beardthebestyoucanbe.com</a>)</li><li>• <b>Chimera Health</b> - taught by a PT (<a href="https://www.chimera-health.com">https://www.chimera-health.com</a>)</li><li>• Look for "mobility exercises" to find ones that help you stay mobile, increase range of motion, and reduce pain over your lifetime.</li></ul>

# #7 DETOXIFICATION

## Guidelines

Promote healthy detoxification in the body by opening detox pathways

## Details

Healthy detoxification is essential for overall body health. A toxic burden within the body leads to illness and disease. Toxins can come from food, the environment, skincare products, herbicides, pesticides, plastics, air pollution, water contaminates, mold, normal body processes, and so on. Energetic and frequency “toxins” also come in the form of EMF’s from cell phones, wifi, and other electronics (remember, your body is electric so energetic frequencies that you cannot see can still affect your body). The goal for overall detoxification is two-fold wherein toxins should be avoided where possible and the body’s detoxification pathways should be supported. Fasting is one of the ways the body can be allowed time and space to detoxify.

The body detoxes mainly through the following organs/systems: the digestive system, the lymphatic system, the blood, kidneys, liver, and skin.

PLEASE NOTE: the following strategies can get overwhelming if you try to do them all at once. Only incorporate what is realistic to you and add things as you feel like you can. Don’t try to detox too quickly as this can lead to detox sickness

## Strategies and Adaptations

### HOW TO SUPPORT YOUR BODY’S DETOX PATHWAYS:

- **Digestive System:** you should be having 1-2 bowel movements a day. This is the MAIN way the body gets rid of waste. If you are not having 1-2 bowel movements a day then you will likely experience detox “sickness” when you try to lose weight and this can greatly impede your progress. Digestive health is IMPERATIVE to overall health. If you have poor digestive health but don’t know what to do about it, I am available for consultations.
- **Lymphatic system:** the lymphatic system moves fluid in your body similar to the circulatory system however it does not use a pump (like your heart). It relies on muscle movement and gravity. You can support it by moving regularly, rebounding, using a vibration plate, and running.
- **The Blood:** your blood works to take nutrients and waste to and from cells and tissues in the body. You can support this process by being hydrated so the blood can do it’s job.
- **The Kidneys:** the kidneys filter waste from the blood. Hydration and a healthy amount of electrolytes can support the kidneys in their work.
- **The Liver:** The liver is one of the main detoxification organs in the body. The liver has 4 main detoxification pathways in which it cleanses the body and itself. There are many individuals with gene mutations that can affect this process and supplementation may be required for those individuals to properly detox (message me if you need information on this). The liver can be supported through regular fasting, as well as Milk Thistle, and Dandelion root.
- **The Skin:** regular exfoliation can help the skin detox naturally. Epsom salt baths are good for detox through the skin.

# #7 DETOXIFICATION CONT'D

## Strategies and Adaptations Cont'd

### AVOIDING UNNECESSARY TOXINS:

- Drink filtered water (any level of filtration is helpful but the gold standard is reverse osmosis or distilled water that has had mineral added back in; R.O. and distilled water by itself is not a great option as those can leach minerals from your body).
- Stop using plastics where possible and NEVER microwave your food in plastic containers. This means focus on reusable food and drink containers made of glass or silicon or stainless steel.
- Avoid skincare products with artificial fragrances and toxic ingredients (EWG website linked below) because “what goes ON your skin goes IN your skin.”
- Use an air filter to improve air quality in your home
- There are a LOT more strategies to avoid environmental toxins; these are just a few.

### A NOTE ABOUT ELECTRONIC FREQUENCY “TOXINS” OR EMF’S

- EMF’s (Electromagnetic Frequencies) are electronic frequencies that come off your phone, wifi, and electronics. They cannot be seen but are harmful to the body nevertheless. They become toxic when they are always present.
- Turn off wifi and cell phones at night (put them on airplane mode and make sure Bluetooth is turned off). Even if they are in the other room they can still affect you at night while you sleep. Wifi can be placed on a timer.
- Living near cell towers and high power electrical lines can expose you to significant amounts of EMF’s

## Optional Resources

### **Core Body Integrative Health**

[www.HealthToTheCore.com](http://www.HealthToTheCore.com)

- Brain Integration - can help you identify and balance the body’s response to environmental toxins
- Health Coaching - can help you find strategies to help optimize the body’s detox pathways as well as find ways to avoid environmental toxins in your life

### **Environmental Working Group, Skin Deep Cosmetic Database**

Great resource where you can look up toxicity of skin care ingredients  
<https://www.ewg.org/skindeep/>

**Milk Thistle** can be found locally or on Amazon

**Dandelion Root Tea or capsules** can be found locally on Amazon

**Activated Charcoal** - EXCELLENT for absorbing toxins in the digestive tract. EVERY medicine cabinet should have this in it. It’s what they give for poisoning at the hospital. I take it if I am detoxing or if I have heart burn or any other yucky tummy issue. It cannot be taken with any other supplements or medications as it will absorb them. It’s perfect to take before bed by itself. Can also be taken if you have any kind of vomiting or diarrhea (along with slippery elm) or if you have been exposed to an illness or food poisoning. This one is one of my favorites! Not intended to be taken for long periods of time.

# #8 HORMONES

<b>Guidelines</b>	Track your hormones and symptoms
<b>Details</b>	It's important as a woman that we take into consideration our hormones and female hormone cycle. Our hormone cycle can be affected by our lifestyle choices. Namely stress and food choices and frequency can be two of the main reasons that hormones can become out of balance.
<b>Strategies and Adaptations</b>	<ul style="list-style-type: none"><li>• Be sure to track your hormone cycle so you can time your fasts and lifestyle to your hormone cycle</li><li>• Rotational Intermittent Fasting is a great way to help balance your hormones</li><li>• Be sure your day/night routine is good (avoiding light at night) as this helps the hormones that run your circadian (daytime/nighttime) rhythms</li><li>• Liver and digestive health is important for hormone metabolism so excess hormones are not staying in the body.</li></ul>
<b>Optional Resources</b>	<p><b>Core Body Integrative Health</b> (<a href="http://www.HealthToTheCore.com">www.HealthToTheCore.com</a>)</p> <ul style="list-style-type: none"><li>• Brain Integration - can help with hormone balance by balancing the organs and systems that produce the hormones in the brain and body</li><li>• Health Coaching - can help you find a lifestyle routine the maximize hormone balancing lifestyle habits</li></ul>



Hi my name is Lani Larson and I am the owner of *Core Body Integrative Health*. I'm offering the 4 Week Wellness to Weight Loss Challenge as a way to help other women who are suffering from many of the same health challenges that I have suffered from. The 4 week challenge highlights some of the methods I learned on my health journey and in my training as a Health Coach and alternative medicine practitioner. These are the things that literally tipped the scales for me in weight loss, hormone balance, and in my overall health.

Because I've "been there done that" when it comes to health I know it's not always easy or possible to do these things alone. Which is why I'm sharing some of the amazing services that I offer. You do not need my help to make a healthy lifestyle change, *but if you feel like you do need help*, here is the information on the services I offer.

## BRAIN INTEGRATION

A natural method for overall brain health and functionality. No machines, wires, medications, or take home exercises required!

Brain Integration can help with:

- |                                     |                                      |
|-------------------------------------|--------------------------------------|
| <b>BRAIN FOG</b>                    | <b>ADD/ADHD</b>                      |
| <b>"MOM BRAIN"</b>                  | <b>BEHAVIORAL ISSUES</b>             |
| <b>CHRONIC FATIGUE</b>              | <b>ORGANIZATIONAL SKILLS</b>         |
| <b>ANXIETY &amp; DEPRESSION</b>     | <b>READING DIFFICULTIES</b>          |
| <b>PTSD &amp; EMOTIONAL TRAUMAS</b> | <b>TBI/CONCUSSION/STROKE</b>         |
| <b>BODY SYSTEMS BALANCING</b>       | <b>EYE &amp; AUDITORY PROCESSING</b> |
| <b>(INLCUDING HORMONES)</b>         | <b>AND SO MUCH MORE...</b>           |

## HEALTH COACHING

Health coaching can help you regain control of your health and give you the ideas and accountability you need to make a healthy change

## MUSCLE REACTIVATION

Muscle ReActivation is one thing you really have to experience! M.R. can help alleviate pain and weakness in the body. Excellent for injuries, surgery sites, muscle weakness, chronic pain, pelvic floor dysfunction and more.

## ALLERGY REMEDIATION

Allergy Remediation is an excellent option to address allergies and sensitivities



**CORE BODY  
INTEGRATIVE HEALTH**

208.329.6297

260 FALLS AVE A, TWIN FALLS 83301

[WWW.HEALTHTOTHECORE.COM](http://WWW.HEALTHTOTHECORE.COM)