

Four Secrets to Lasting Lifestyle Change

A FREE RESOURCE FROM AN
UNCONVENTIONAL DIETITIAN
TO HELP YOU SUSTAIN
HEALTHY HABITS FOR A LIFETIME



Welcome!



*Hello there!
Please enjoy
this free
resource!*

*Let this be the lead-
in to your **effortless**
and **lasting** health
and nutrition
change!*

Each day, for the next four days, I'll bring you my top lifestyle change secrets I use in my extensive, intensive food-as-medicine program called NourishMNT.

Keep your eye on your inbox for each lesson!

Hey! This is coming your way...

EVERY DAY FOR THE NEXT FOUR DAYS,
YOU'LL **RECEIVE A VIDEO** TO ACCOMPANY THIS
TEACHING SERIES **ON LIFESTYLE CHANGE:**



1. Fight and Prevent



2. Detox and Heal



3. Find Diet Freedom



4. Lasting Transformation

"I can help you reach your full health potential by building you a nutrition plan to transform your diet, mindset, health and your life!"

My vision is to empower you to make nutrition choices with *impact* - in order to prevent and reverse diet-influenced chronic diseases and make managing a healthy weight absolutely effortless!" - Bri

1. Fight and Prevent

AGAINST THE MAJOR CAUSES OF DISEASE AND DISABILITY

*Do you know exactly **what to eat** to master your health and live the life of your dreams?*

It might be near impossible to nail down **all the nutritional factors** that influence your chance at a long and healthy life. Even **if you did have the knowledge** of what to eat, could you easily integrate this into your day-to-day life?

Beyond being influenced by your own visible surroundings, consider unseen **sources of influence** upon your health and the information you gather - such as big names in the food industry, pharmaceutical industry, special interest groups, or the general direction of culture, research, governments, and the world community.

Reflect upon how diet culture, your upbringing, your medical support team, your current contacts, and your own personal agreements about health are **helping or hindering your lifestyle change progress**. Do you have a plan to fight and prevent the leading causes of preventable early death, pain, and disability?

Action step: Listen to Day 1 video and journal your thoughts about nutritious and non-nutritious food, meal planning, and weight management as it is now, and as you wish for it to be.

2. Detox and Heal

USING YOUR BODY'S NATURAL PROCESSES AND ABILITIES

I'm giving it to you straight... the only diet proven to halt and even reverse inflammation and major chronic disease.

"Eat food. Not too much. Mostly plants" - Michael Pollen

Eating as much **whole-food, plant-based** ingredients as possible is unconventional but ancient wisdom. It has gained recent momentum in the scientific community as the most non-invasive, wholly beneficial, and enjoyable way to stave off the major life-threatening chronic diseases of the modern world.

A properly-planned, more whole-food, plant-based diet can help you manage a healthy weight, lower systemic inflammation, and take better care of much of your body's organs and tissues for both short and long-term benefits.

So - can you make exercise and environmental setups to allow your body to detoxify naturally and allow for the potential to reverse disease? YES!

Action step: Listen to Day 2 video and search the net for benefits of a plant-based diet and decide on 3 long-term changes to incorporate more of these high-nutrient, health-promoting foods.

3. Find Diet Freedom

AND LET GO OF UNHELPFUL FOODS OR EATING PATTERNS

Eating the right foods with the right mental approach can help you to shed unhelpful habits and conquer food challenges.

What would it mean to you to **no longer fear** that health or weight challenges might take away your desired life experiences and valued time with your family?

Have you ever considered the changes you make today can **free up mental space** to think about things that are worth more to you than the worrisome thoughts about food and health that preoccupy your mind at present?

In my programs, my approach is to take **all** the pressure off your shoulders and guide your body to **naturally empower you** to make the best decisions for your health, starting with using basic nutrition science, body biochemistry, and psycho-social "nudges" to automatically **take care of yourself by what you eat!**

Everyone is different, but NourishMNT provides guidance at every step of learning and goal setting.

Action step: Listen to Day 3 video and narrow things down to three tiny changes you can make to improve your physical habits or mental talk.

4. Lasting Transformation

A STRUCTURED APPROACH FOR SUSTAINABLE CHANGE

Where there is a will, there is a way... until the will runs out of willpower.

Instead, create structure, get clear on your goals, and enlist a trusted source of accountability.

That's right - good intentions may only get you so far! What you need is a full fledged philosophy, including an approach to nutrition and meal planning that has been proven to work for people with similar challenges and demands of daily life.

Clarifying personal goals is often my main focus to help students week-to-week to create sustainable structure and momentum. Keep things flexible... there is nothing that sets us up for disappointment more than an all-or-nothing approach to diet and exercise!

Accountability is the last big secret to maintaining a lifestyle change. Choose the right partner to keep you going with credibility, empathy, and

Action step: Listen to Day 4 video and research a credible book, support person, or health professional - or keep an eye on your inbox for more support and information from me, your Dietitian!

Get the support you need

ENROLL IN NOURISH**MNT** TO KEEP THE MOMENTUM GOING!

ARE YOUR WEIGHT GOALS AND HEALTH GOALS
A MOUNTAIN **TOO HIGH TO CLIMB ALONE?**

The NourishMNT course is:

**EMPOWERING
ENCOURAGING
INFORMATIVE
EVIDENCE-BASED
EXTREMELY REWARDING
AND AFFORDABLE!**

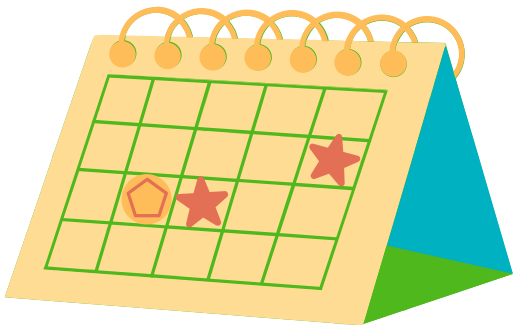


*If you have been struggling with motivation, sustainability, accountability, and creating a personal plan for success, **I'm happy to help!***

*Let's go through a personalized process of education and coaching from ME, your Registered Dietitian, to help you **reach your full potential** in health and in all health-related areas of your life!*

Whats Next?

BONUS STEPS TO INSPIRE PERMANENT RESULTS



Book your interview today!

I'd love to chat and see if you are a good candidate for my unique online **NourishMNT** program. Link up that connection [HERE!](#)

Look for an accountability partner!

Get **READY** with a few goals and note them here, get **SET UP** with someone you can trust to keep you motivated (hint: *it could be me!*), and **GO** forth with a plan!



Not quite convinced you need my help, but **interested in learning more?** Keep a close eye on your inbox, and check out the links of podcasts, books, and websites listed on my website [HERE!](#)

