



# List of Services

Services – 1 on 1 Coaching	What's Included:
<p><b>Wellness Consult – 3 months</b>            This option is best suited for the person who has unresolved health issues, chronic conditions or multiple symptoms and diagnosis, also includes hormone imbalances and weight issues, and desires long term support and accountability</p>	<ul style="list-style-type: none"> <li>➤ Extensive Food and Lifestyle Review</li> <li>➤ 1 Hour Monthly Consult</li> <li>➤ Weekly Personalized Check-In Emails</li> <li>➤ Unlimited Email Support</li> <li>➤ Written Recommendations and Resources to Help Client Reach Their Goals</li> </ul> <p>*Additional Phone/Live Consults Available</p>
<p><b>Wellness Consult – 1 time</b>            This option is best suited for the person who wants to fine tune their existing health program and is motivated to make change without additional support.</p>	<ul style="list-style-type: none"> <li>➤ Extensive Food and Lifestyle Review</li> <li>➤ 1 Hour Consult</li> <li>➤ Written Recommendations and Resources</li> </ul> <p>*Additional Phone/Live Consults Available            Note: Does NOT included unlimited communication after consult</p>
<p><b>Food Pantry Makeover</b>            Ideal for anyone who wants to have a clear understanding of how to read food labels and be able to optimize food choice *can be done virtually</p>	<ul style="list-style-type: none"> <li>➤ 60 minute Home Pantry Makeover</li> <li>➤ Healthy Food Substitution Guide</li> <li>➤ Family Eating Chart</li> <li>➤ List of Non-Foods to Avoid</li> <li>➤ Whole Food Guides (includes shopping Guides)</li> </ul>
<p><b>SkinCare and Make-Up Toxicity Makeover</b>            Ideal for anyone who wants to learn how to decrease environmental toxins, skin and make-up products are the number one way to begin to decrease these toxins and wants to learn how to make better choices for their health</p>	<ul style="list-style-type: none"> <li>➤ 60 minute Home Skin and Make-Up Evaluation</li> <li>➤ Review all Current Products and Ingredients</li> <li>➤ List of Toxic Chemicals to Avoid</li> <li>➤ Resources for Finding Quality Products</li> <li>➤ Beauty Guide (best and worst products)</li> </ul> <p>*Can Add Beauty Sampling Session for Addt'l Cost</p>
Service – Group Options	What's Included:
<p><b>Group Talks</b>            This option is for groups of 15 or less and are given at a specified location (virtual or in person)</p>	<ul style="list-style-type: none"> <li>➤ 60 min talk on subject of your Choice</li> <li>➤ Plus 30 min Q&amp;A</li> </ul> <p>Each attendee receives:</p> <ul style="list-style-type: none"> <li>➤ Whole Food Guide (included Shopping Guide)</li> <li>➤ Guide to Better Sleep</li> <li>➤ 10% off Any Future Health Coach Services</li> </ul>
<p><b>Corporate Wellness Plan – Small to Medium Businesses</b>            Ideal for employers who are looking to add value to their employees lives and save on medical expenses, by adding fun and simple education and techniques to have healthier employees and families. I am a Facilitator and Trainer in the teachings of the renowned Dr. Sears.            *Schedule a Consultation for More Info</p>	<ul style="list-style-type: none"> <li>➤ 6 week, 60 min interactive Trainings Facilitated by myself and based on teachings of Dr. Sears</li> </ul> <p>Every Participant Receives:</p> <ul style="list-style-type: none"> <li>➤ Weekly Fun Activities to Do at Home</li> <li>➤ Weekly Snacks and Healthy Foods (optional)</li> <li>➤ Food Guides</li> <li>➤ Workbooks</li> <li>➤ Recipes</li> <li>➤ 10% off Any Future Health Coach Services</li> </ul>

[Click Here](#) to Schedule your Free 30 min Clarity Coaching Call so we can discuss which Service Makes the Most Sense

Call Today (562) 354-0990 or email [info@allthingshealthy.org](mailto:info@allthingshealthy.org)