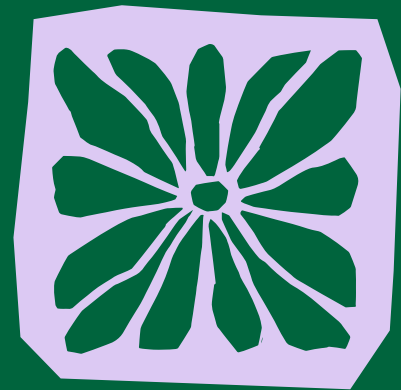


8 WEEK
PROGRAM

Conscious Eating & Living

Heal, Balance, Align & Thrive with this 8 Week Conscious eating and living Program to a healthier and more vital you!



Join this amazing 8 week program to optimise your health.

Are you feeling ready to embark on a transformative journey to not only balance your hormones, lose weight, get better sleep, reduce inflammation in your body, clear persistent acne but also to reset your body and energy levels, revitalising your entire well-being?

I am really excited to introduce this 8-Week programme that will Heal, Balance & Align your whole body. This programme is designed to do all of the above as well as bust myths around fats, carbs & proteins, how we consume them, and how they are stored in the body, empower you with nutritional information and how the body works with these macronutrients, and guide you towards a life filled with energy, vitality, good health, clearness and clarity of mind and reduced inflammation and pain in your body just to mention a few things.

8 WEEK
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Program Overview

Q & A Session: May 16 @ 5:30 pm

This is a opportunity for you to ask lots of questions and I spend some time outlining how this program works for you, the support that is offered and I go through how we can work this into your day so you can stay with the programme long term. This session is via zoom. There will be a number of Coleambally participants, who can zoom from home or come down to the Muddy Duck and zoom together with the other participants, also having the advantage of creating a local group for support.

Start Date: May 29, 2024

Duration: 8 Weeks

Yoga Sessions

8 x 50 minute yoga sessions with Jenny Gardiner, Thursdays 4.30pm at Muddy Duck Tapas & Events, 21 Brolga Place, Coleambally \$160 (8 week commitment.)

4 x Individual Consultations

With Deb Smith, Naturopath – the first will be before the 8 week program starts then every 2 weeks through the programme, so we can work with what is happening individually for you and to keep working with all the strategies you have learnt and are putting into practice as you move into each new stage of the program.

These individual consultations are a great way of allowing us to work with your individual needs. Each of us are different, we are in different places in our lives, have different issues, so by working individually Deb can address this whilst still being part of the group.

Investment: \$650.00

Zoom Small Group Session

8 x 30-60min zoom teaching sessions with Deb Smith, Naturopath, Thursdays 5.30pm at Muddy Duck as a local group at Coleambally or log in from your laptop or phone at home.

Heal, Balance, Align & Thrive.

Who Is This Program For?

This program is perfect for anyone wanting to:

- Lose weight
- Increase their energy throughout the day.
- Improve their sleep.
- Reduce inflammation in the body!
- Eliminate insulin resistance.
- Heal their body.
- Understand their body's needs and functions
- Lower stress
- Lower cholesterol
- Lower blood pressure
- Improve Cardiovascular Health
- Improve overall health
- Reverse Type 2 Diabetes
- Reverse Insulin Resistance
- Educate how to eat if you are Type 1 Diabetic

Program Highlights

Q & A Session: Kickstart the program with a live Q & A session on May 16 at 5:30 pm.

Individual Consultations: Enjoy four personalised, naturopathic one-on-one sessions with Deb to tailor the program to your unique needs.

Weekly Group Catch Ups in person, via zoom. Stay motivated with regular check-ins and support from a like-minded community.

Goop **WhatsApp:** Connect with other participants, share experiences, and receive support no matter what is happening for you and additional guidance.

Weekly Yoga Sessions: 8 x 50 min yoga sessions guided by Jenny Gardiner

Weekly Wholesome Meet & Eat: Each Thursday evening x 8 weeks from 6.30pm to 8pm enjoy a delicious, healthy meal with others while sharing tips for preparing healthy nourishing dishes along the program guidelines. \$25 per meal session...RSVP each week please.

Why Choose this Program?

Because you deserve a personalised approach to wellness. Deb understands that everyone is unique, and that's why she offers four individual consultations to tailor the program to YOUR specific goals and challenges.

Reserve Your Spot

8 WEEK
PROGRAM

Secure your spot now and join our transformative journey starting May 29. Don't miss the chance to make 2024 your healthiest and happiest year yet!!

Message Deb if you would like to be part of this amazing 8 week program and want more information!!

<https://www.bodyandbeyondmerimbula.com.au/about-us>

Message Julie Bellato from Muddy Duck for more information on yoga sessions and Healthy Meal Evenings

Embark on this empowering journey with me, and let's create lasting health, vitality, energy, and reduced inflammation together!

To your vibrant health,

Deb Smith, Naturopath

Julie Bellato, Muddy Duck Tapas & Events

Conscious Eating & Living

Heal, Balance, Align & Thrive.

