

The Lose Weight and Feel Great for Life Revolution

Is this program right for you?

The Lose Weight and Feel Great for Life Revolution is exactly the program you need if you're interested in discovering:

- How the correct amount of exercise at the right time can get you lean, strong and healthy without spending endless hours at the gym.
- The exact foods you should be eating for your unique metabolism to maximize fat loss and enhance energy.
- How unbalanced hormones and certain brain chemicals can sabotage your fat loss efforts and what you can do to remain in balance.
- How stress from multiple sources can actually cause you to store body fat and what steps you can take to prevent this from happening to you.
- Which nutritional supplements aid in fat loss and which ones are a total waste of money.
- How toxins in your personal environment can prevent your body from releasing stored fat and what simple measures you can take to detoxify your system.
- Lifestyle changes that when applied to your daily routine can increase energy, improve your mood, clarity of thought and give you deep, refreshing sleep every night.

The Basic Program

1. Advanced Metabolic Typing® Nutrition Plan

A customized nutrition plan which includes an easy to follow listing of the correct foods and ratios of carbohydrates, proteins and fats that you should be eating for your unique metabolism:

- Receive an easy to follow color-coded chart listing all of the foods that you should eat and foods that you should avoid for optimum health and maximum weight loss.
- Includes a computerized diet check record sheet that will allow you to fine tune your new diet and keep track of both positive and negative reactions to each and every meal.

Healthy shopping guidelines:

- Discover the best resources for the healthiest foods and markets in your local area.

- Receive a handy pocket sized shopper's guide listing which foods to avoid and which foods are safer due to pesticide contamination.
- Non-G.M.O. shopping guide to help you avoid potentially harmful and unlabeled foods containing genetically modified organisms.

Proper cooking guidelines:

- Become an expert at "building" each meal and snack to instantly match the correct fuel mix for your unique metabolism.
- Learn how to store foods properly to maintain freshness and reduce nutrient breakdown.
- A handy chart outlining healthy fats and the best ways to store and cook with them.
- Guidelines for cooking with a wide variety of healthy grains and how to minimize their negative effects on your body.

Checklist to identify and eliminate toxins in your personal environment:

- A comprehensive listing of possible toxic sources in your environment such as personal care products, house hold cleaning products, electro-magnetic fields, airborne chemicals exposures etc.
- A natural health recommendations checklist to enhance the benefits of your Metabolic Typing nutrition plan.

Health benefits of Metabolic Typing:

- Maintain your ideal body weight.
- Increase energy.
- Eliminate cravings and hunger between meals.
- Enhance athletic performance.
- Clarity of thought.
- Balanced and stable moods.
- Strengthen your immune system.
- Improve digestion.

2. C.H.E.K. Holistic Lifestyle Assessment

By completing a thorough online questionnaire, you will be able to identify six key areas in your lifestyle that may be a detriment to your health and weight loss efforts:

- **You are what you eat:** Learn how well you are currently eating and receive feedback on how to make any necessary changes.
- **Stress:** Identify areas of stress in your life and learn effective methods for reducing stress to avoid any negative health effects.

- **Digestive health:** Find out how well your digestive system is functioning and discover what to do if it is not.
- **You are when you eat:** Learn to time your food intake properly to balance your blood sugar levels and maximize your daily energy.
- **Detoxification system:** Find out if toxins may be a hidden source of your health challenges and what you can do to minimize them.
- **Sleep/wake cycles:** Rate your sleep habits and learn to implement simple techniques to ensure you get deep and refreshing sleep every night!

3. Exercise Program Design

Receive a 3 month individualized exercise program, designed to take you from an out of shape beginner to fit, sexy and full of energy!

Choose to workout in the comfort of your home or print out your program and take it with you to the gym:

- Private password protected online training system shows you clear and concise instructions and video demonstrations of all the exercises included in your program.
- Access your profile and program anywhere you have an Internet connection - great for when you're traveling on business or vacation.
- Over 2000 different exercises for all skill levels, using no equipment or a wide variety of equipment such as Swiss-balls, kettlebells, dumbbells, medicine balls and much more!

The Basic Program also includes the following bonuses:

- 1-hour personal telephone coaching call with Jason to review your program.
- 3 months of unlimited email coaching to answer all of your questions and to help you stay motivated!
- \$25 gift voucher for The Healing Canopy Shop.

The Advanced Program

Includes everything in the **BASIC** program *plus:*

IgG4 Food Antibody Profile (blood spot)

Uncovers "delayed" food reactions that may contribute to:

- Unexplained weight gain
- Inflammatory bowel disease
- Gas/Bloating

- Fatigue
- Anxiety
- Mood swings
- ADD/ADHD
- Headaches/migraines
- Skin Problems
- Rheumatoid arthritis
- Sinusitis
- Recurrent ear infections

From a simple finger stick test, the IgG4 Food Antibody Profile measures levels of IgG antibodies specific to 30 commonly offending foods.

IgG4 Food Antibodies Profile tests for the following foods:

Almond
Aspergillus Mix
Beef
Cantaloupe
Cashew
Chicken
Corn
Crab
Egg
Whole
Garlic
Lobster
Milk
Mustard Seed
Oat
Orange
Pea, Green
Peanut
Pinto Bean
Pork
Rice
Salmon
Shrimp
Soy
Strawberry
Sunflower
Tomato
Tuna
Turkey
Walnut
Wheat

Also includes a patient-specific rotation/elimination diet booklet.

The Advanced Program also includes the following bonuses:

- 1.5-hour personal telephone coaching call with Jason to review your program.
- 4 months of unlimited email coaching to answer all of your questions and to help you stay motivated!
- \$50 gift voucher for The Healing Canopy Shop.

The Ultimate Program

Includes everything in the **BASIC** and **ADVANCED** programs *plus*:

Functional Adrenal Stress Profile (Saliva test)

A comprehensive evaluation of your adrenal hormones Cortisol and DHEA over a 24-hour period.

This highly accurate lab test will help get to the root cause of your chronic health challenges such as:

- Difficulty burning body fat
- Lack of energy
- Low sex drive
- Irritability
- Anxiety
- Foggy thinking
- Insomnia
- Digestive disturbances
- Loss of muscle tone and strength

Functional Organix Profile (Urine test)

A comprehensive urinalysis that accurately measures the following markers of your health:

- Identifies key vitamin deficiencies.
- Measures your liver's capacity to eliminate toxic substances.
- Antioxidant status to show the rate at which your body is aging due to free radical damage.
- How well you are breaking down dietary proteins into amino acids.
- Discover if you are unbalanced in important neurotransmitters, which are involved in mood, sleep, energy, pain and appetite regulation.

- Find out how efficiently your body's cells are producing energy and what you can do to become super charged with energy

The Ultimate Program also includes the following bonuses:

- 2-hour personal telephone coaching call with Jason to review your program.
- 6 months of unlimited email coaching to answer all of your questions and to help you stay motivated!
- \$75 gift voucher for The Healing Canopy Shop.

So how does it work?

Step 1: Pick a Program

Select one of the programs according to your budget and level of commitment by clicking the “Add to Cart” button.

Step 2: Submit Info

Once your payment has been received, you will be contacted via email within 24 hours with a username and password to access the online questionnaires. If applicable, lab test kits will also be shipped out to your location.

Step 3: Get Results

Once your test results come back and your customized program has been designed (approximately 1-3 weeks), your coaching phone call with Jason will be scheduled to review your program and answer any questions you may have.

Step 4: Take Action!

With Jason’s ongoing guidance, you will begin implementing your program into your daily routine and start your journey to becoming the person **you deserve to be!**

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