

NUTRITIONAL COUNSELING



Initial Consult

Dis-ease originates in four ways: congestion, stagnation, depletion and deficiency. In our initial consultation we will jump-start your health improvements by making several upgrades to your current diet, lifestyle and supplement plan. The goal is to begin ridding your body of excess while simultaneously filling in deficiencies so that your biochemistry can begin to shift and you experience positive changes rapidly.

We will also go over any recent lab work, medications, current supplements and your health goals/concerns. At the end of the consult we will describe a step-by-step plan of what would take place during a customized Whole Journey three-month program, should you wish to continue past the initial consult.

Consultation Fee \$195.00



WJ Three-Month Program

The Whole Journey philosophy is simple, give the body what it needs and it will heal itself. We are well-versed in all kinds of nutritional, herbal and holistic therapies that promote healing from the inside out, allowing the body to cleanse and balance itself, and ultimately to thrive. We recognize that every body is different with very different lifestyles and we strive to create a highly customized program specific your body's needs.

In a Whole Journey personalized program lasting anywhere from three to four months, we will radically improve your health and happiness by correcting imbalances and chronic issues, incorporating new and exciting foods into your diet, and making positive lifestyle changes that are supportive to the way you really want to live in order to thrive. Together, we will explore concerns specific to you and your body and discover the tools you need for a lifetime of balance.

Food changes everything. As your daily diet changes, your body changes and your health and happiness improve. Imagine what your life would be like if you had clear thinking, energy and excitement every day.

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WJ Three-Month Program Includes:

- ✓ Setting goals, which we will achieve together in 90 days
- ✓ Dealing with cravings, eliminating emotional eating & dramatically improving your relationship with food
- ✓ Taking consistent action as each session builds off the one before it
- ✓ Identifying and eliminating foods that don't work for you through food sensitivity testing and elimination diets (blood work covered 80% under PPO plans)
- ✓ Making simple yet profoundly effective lifestyle changes
- ✓ Improving personal relationships and communication and finding exercise that your body enjoys
- ✓ Food counseling, menu planning and integrating new, better food into your diet
- ✓ Making healthy food choices at work and on-the-go (includes travel tips)
- ✓ Getting support from others and creating lasting balance in your life
- ✓ Comfort in shopping and cooking with convenient tips on how to make living healthier fit into your lifestyle
- ✓ Awareness when eating and in life
- ✓ Thyroid testing and balancing (blood test and/or basal temp test)
- ✓ pH testing and balancing
- ✓ Digestive wellness: candida testing and clearing if necessary, optional parasite tests
- ✓ A carefully guided, customized cleansing and detoxification protocol for your specific issues
- ✓ Neurotransmitter and hormone testing and balancing (lab work covered under PPO plans)
- ✓ Decreasing stress and/or the way you perceive and experience it
- ✓ Having fun, finding joy in life and living in an inspired, motivated and authentic way

We always strive to identify the root cause of health issues and to build a health plan from there. We have experience and have had success improving conditions such as IBS/IBD, colitis, diverticulitis, leaky gut syndrome (intestinal permeability), parasitic, yeast and fungal infections, acid reflux (GERD), cancer prevention and recovery, hormonal imbalances (fertility diets, menopause, amenorrhea, hypoadrenia), Thyroid imbalances, high blood pressure, high cholesterol, food allergies/sensitivities, seasonal allergies, diabetes/hypoglycemia, chronic sinusitis, fibromyalgia, rheumatoid arthritis, heavy metal toxicity, general/environmental toxicity, migraines, depression, anxiety, ADHD and other mood imbalances.

Program Fee \$375.00/month



Maintenance Program

Includes one session per month and email support to either complete or continue your program until your health is at its peak and you feel comfortable managing a healthy lifestyle on your own.

Program Fee - \$200.00/month



Whole Journey Signature Package

The signature package is intended to create fast, radical and lasting change in the way you and your family shop, eat and cook. It is an in-home intensive intended to teach you how to make a healthier lifestyle work for you in your own space. We begin with an initial consultation for you and your family to assess your current lifestyle, eating habits and foods that the family enjoys. From there, we design a customized one-day package for you with a two-week follow up plan, which includes:

90-minute Kitchen & Bath Products Purge

All products that aren't healthy get purged from the kitchen and bathroom with a detailed explanation of why and a list of ingredients not to repurchase (of course, we'll let you keep a few of your favorites). The kitchen gets reorganized to encourage you to cook more and we go over food storage products and cookware.

90-minute Private Grocery Tour and Shopping Trip

Here is where we restock the kitchen the entire kitchen (and bathroom) with high quality natural products as well as familiarize you with your local health food store so that you will feel comfortable finding all kinds of new foods and products that fit your new lifestyle. We will also pick up supplements and teach you how to make your medicine cabinet natural for everyday ailments. A customized, high-quality nutritional supplement plan is included for the whole household.

2.5-hour Cooking and Prepping Class

We will go over your customized menu and prepare a week's worth of healthy meals for the entire family, showing you how to make basics and then bring them to life with different condiments to fit everyone's taste buds. The idea is that you do not have to spend your life in the kitchen to be healthy and with our strategies and your willingness to carve out a few hours a week to food prep (which allows you to make 10-minute meals all week), a much healthier diet is possible.

This package also includes:

- 90 minute initial consult
- Two Customized Menu Plans (so that you can recreate the process)
- Email Support for the two weeks that follow
- Customized Nutritional Supplement Plan for the entire household
- Whole Journey Comprehensive Binder and Product Sample Package
- 50 minute follow up session (in-office)

Program Fee: \$1695.00



The Balance Package

To live a balanced life in today's fast-paced, productivity-driven society, one has to be counter-cultural. This package is designed to give you all the tools and strategies you need to create balance with food, relationships, career, exercise, spirituality and lifestyle. *This is a customized two-day package with a one-month follow up plan.*

Package Includes:

- Initial Consultation with customized dietary upgrades and supplement plan
- 90-minute Kitchen and Bath Purge of Unhealthy Products
- 90-Minute Health Food Store Tour and Restocking Trip
- 2.5-hour Cooking and Prep Class (to prepare a week's worth of healthy meals)
- Healthy snack prep
- Customized Yoga and Meditation Plan and Two 60-minute classes
- 2-hour Goal Planning and Life-Mapping Session to determine what your Primary Foods are (things that feed you other than food) and how to incorporate more of those into your life (career satisfaction, exercise you feel inspired to do, spiritual connection and improving relationships)
- A Plan to create "sacred space" in your own home so that you can relax there
- Whole Journey Comprehensive Binder
- Customized menus
- Unlimited recipes
- Email support for the one-month afterward
- 2, 50-minute follow up sessions

Program Fee: \$1895.00



The Stress Recovery Package (A Package to Recover from Adrenal Fatigue)

Divorce, the break up of a long-term relationship, the death of a loved one, and a major physical accident are among life's most traumatic events. Any one of these things (and many more things like a demanding job or too many of life's demands period) can lead to adrenal fatigue or extremely depleted stress hormone production, which impedes digestion and lowers immunity. Adrenal Fatigue can challenge our sense of self and contributes to myriad of physical, mental and emotional symptoms. The adrenal glands produce numerous hormones and impact our growth and development as well as affect our energy levels and ability to deal with stress. This package is designed to bring the participant back from adrenal fatigue with the appropriate and customized diet, nutritional supplements and herbs and lifestyle adaptations specific to them. *This is a customized two-day package with a one-month follow up plan.*

Package Includes:

- 90-minute Initial Consultation
- Stress Hormone Testing and Balancing through saliva
- Customized nutritional and herbal supplement plan
- 60-minute customized yoga, breathing and meditation class
- Adrenal Fatigue Assessment, Books and a WJ 3-month plan to follow
- 90-minute Kitchen and Bath Purge of Unhealthy Products
- 90-Minute Health Food Store Tour and Restocking Trip
- 2.5-hour Cooking and Prep Class to prepare a week's worth of healthy meals, specifically to feed the adrenal glands and bring balance to the body
- Whole Journey Comprehensive Binder
- Customized menu plan
- Unlimited recipes
- Email support for one month that follow
- 2, 50-minute follow-up sessions

Program Fee: \$2195.00



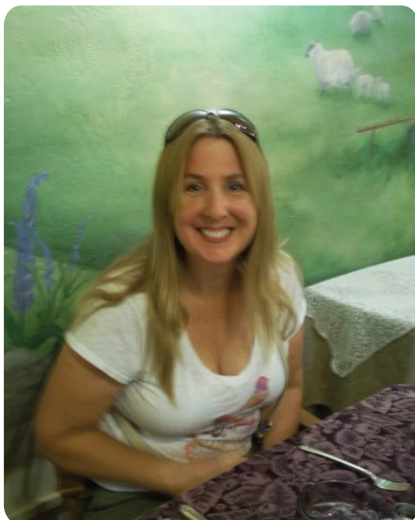
The Cleansing Package

Whether you are looking to tune up your health, seriously detoxify your entire body, or ignite a major life change, the cleansing package is designed to refresh and renew you like you never thought possible. Each program is customized to the individual based upon current state of health, evaluation of organ systems and specific detoxification needs. The cleanse begins before The Whole Journey arrives. We have an initial consultation first and begin the first steps to gently and gracefully detox. Then The Ritual Cleanse, a three-day all natural juice cleanse comes right to your doorstep. It includes 6 highly nutritious juices each day with a perfect blend of fruits, vegetables and nuts to keep you satiated and able to stay on the cleanse. But when we arrive, the real fun begins. *Two-day customized package with a two week follow up plan.*

Package Includes:

- 90-minute Initial Consultation
- Food Sensitivity Testing
- Customized nutritional and herbal supplement plan – for maintenance after your cleanse
- 60-minute customized yoga, breathing and meditation class
- The Ritual Cleanse, a three-day fresh, organic, raw juice cleanse delivered to your home
- 90-minute Kitchen and Bath Purge of Unhealthy Products
- 90-Minute Health Food Store Tour and Restocking Trip
- Teaching of cleansing practices like hot towel scrubs, foot soaks, dry skin brushing, colon cleansing, etc.
- 2.5-hour Cooking and Prep Class to prepare a week's worth of cleansing meals, customized to your goals and current state of health.
- Whole Journey Comprehensive Binder
- Customized menu plan
- Unlimited recipes including a Raw Food Recipe E-book
- Email support for two weeks that follow
- 1, 50-minute follow-up session

Program Fee: \$2195.00



Success Story

"My body was in crisis when I came to see Christa. I suffered from recurrent yeast infections - sometimes lasting up to 2 months. My scalp was full of itchy sores and embarrassing flakes. My sinuses were inflamed and I would get severe sinus headaches often. I couldn't lose weight no matter what I tried. With Christa's expert guidance, I found out that I was dealing with systemic Candida. She created a step-by-step process for eliminating Candida from my body. After only 3 months, all of my infections cleared and I began to lose the stubborn weight I was carrying around. I have tremendous energy now and found a new love for exercise. Christa gave me the tools and support I needed to heal my body and rebuild my immune system. She literally saved my life! I shudder to think of where I would be now if I hadn't found her. Thank you from the bottom of my heart Christa."

- Kris Bradley San Diego, CA



The Happiness Package:

Eating and Living to Rise Above Anxiety, Depression, Insomnia and Brain Fog

In this package our primary tool is testing 13 neurotransmitters in your brain to identify the specific chemical cause of depression and anxiety. We look for the comprehensive picture, which also includes inflammation, gut health, immunity and stress hormone production. From here, we use amino acid therapy, targeted foods and healthy lifestyle adjustments to balance brain chemistry naturally while bringing other organ systems into harmony. From here we build a long-term plan to teach you how to gracefully climb out of these crippling emotional states on your own. This plan goes way beyond food and supplements with the end goal of allowing you to experience life peacefully, joyfully and naturally - the way you were intended to! *This is a two-day package with a six-week follow up plan.*

Package Includes:

- 90-minute Initial Consultation
- Neurotransmitter and Stress Hormone Testing and Balancing
- Customized nutritional and herbal supplement plan
- 60-minute customized yoga, breathing and meditation class
- A customized, long-term approach to help you support yourself when life get tough, stressful or painful so that you can preventively support yourself based upon your brain chemistry tendency
- 90-minute Kitchen and Bath Purge of Unhealthy Products
- 90-Minute Health Food Store Tour and Restocking Trip
- 2.5-hour Cooking and Prep Class to prepare a week's worth of healthy meals, specifically formulated to balance brain chemistry and to encourage a positive emotional outlook
- Whole Journey Comprehensive Binder
- Customized menu plan
- Unlimited recipes
- Email support for one month that follow
- 2, 50-minute follow-up sessions

Program Fee: \$2295.00



Success Story

"When I first became a client of Christa's, I brought many obstacles and struggles with me. I was having difficulties both emotionally and physically, and I started to believe that my life would continue in the same cycle forever. Christa taught me how to learn to love myself for who I am, not how I wanted others to perceive me. She allowed me to understand the direct correlation between emotional and physical health, this was a huge turning point in my life. Walking out of her office after each meeting was the best that I had felt in years, she made me want to be happier, healthier, and more successful. Christa's positive energy and outlook on life have allowed me to see the world in a new light, and I am excited for what is in my future. I whole heartedly recommend Christa and The Whole Journey. Your life will change forever."

-Rosanne Geraty, San Diego CA

SPECIALIZED INTENSIVES



Pre or Post Natal Package

The health of your baby begins up to three months before conception. You have the opportunity and power to make your pregnancy as healthy as possible for yourself and for your child. Our prenatal package will guide you to help your baby develop the healthiest organ systems as well as guide them into healthy taste preferences before they are even born. *Includes a customized pre or post-natal health plan with a two-day package with a two-month follow up plan.*

Package Includes:

- Initial Consultation with customized dietary upgrades and supplement plan
- Sex and Stress Hormone Testing and Balancing
- pH and Thyroid Testing and Balancing (to create an optimal environment to conceive and carry a baby)
- Customized Yoga and Meditation Plan to connect you to your baby and allow for an easier, calmer birth; 2 60-minute personalized classes with a trained pre-natal instructor and/or doula
- 90-minute Kitchen and Bath Purge of Unhealthy Products
- 90-Minute Health Food Store Tour and Restocking Trip
- 2.5-hour Cooking and Prep Class (to prepare a week's worth of healthy meals)
- 2- customized menus and a specific nutritional plan to follow as your baby develops (what to eat for which stage of development based upon which organs are forming and what nutrients allow for the highest development of those organs).
- Homeopathic protocol for pregnancy, birth and faster healing after delivery
- Whole Journey Comprehensive Binder
- Unlimited recipes
- Email support for the two months that follow
- 2, 50-minute follow up sessions – to complete hormonal balancing

Program Fee: \$2495.00



Wedding Prep Package

Getting in shape for what should be one of the most memorable days of your life should involve feeling beautiful from the inside out. Get that healthy, radiant glow naturally and the positive emotions and outlook to match it that only wonderful health can bring. Your life is about to change as you move into a lifelong partnership and taking care of yourself is one of the best ways you can contribute to another. *This is a two-day package with a two-week follow up plan.*

Package Includes:

- Initial Consultation with customized dietary upgrades and supplement plan
- pH Testing and Balancing
- 90-minute Kitchen and Bath Purge of Unhealthy Products
- 90-Minute Health Food Store Tour and Restocking Trip
- 2.5-hour Cooking and Prep Class (to prepare a week's worth of cleansing, healthy meals)
- Customized exercise plan you feel inspired to do, not forced to do.
- Self care techniques to create a customized "nourishment menu" for all the things that feed you other than food
- Creating a natural spa in your bathroom for soaks, facials, hair masks, etc.
- 90-minute Relationship Map and goal setting session to create a lasting, loving relationship for years to come
- 60-minute yoga and meditation private class
- Whole Journey Comprehensive Binder
- Unlimited recipes
- Email support for two weeks that follow
- 1, 50-minute follow-up session

Program Fee: \$1895.00



The Newlywed Package

Studies show that the average couple gains 15lbs the first year of marriage. Avoid that pitfall and start your new life together with the intention to eat consciously and be healthy for years to come. After all, you will be eating countless meals together for the rest of your lives. Why not learn what is healthy for you and your partner, respectively, and how to truly nourish each other? *A two-day package with a two-week follow up plan.*

Package Includes:

- Initial Consultation with customized dietary upgrades and supplement plan
- Food sensitivity blood test for each person so you can find the foods that work best for you individually and together
- 90-minute Kitchen and Bath Purge of Unhealthy Products
- 90-Minute Health Food Store Tour and Restocking Trip
- 2.5-hour Cooking and Prep Class (to prepare a week's worth of cleansing, healthy meals)
- 60-minute Healthy "Junk Food/Comfort Food" ideas and prep session
- Primary Food Evaluation (things that feed you other than food) to keep your relationship with food clean and honest
- Whole Journey Comprehensive Binder
- Unlimited recipes
- Email support for two weeks that follow
- 1, 50-minute follow-up session

Program Fee: \$1895.00



The Couples Package

No one effects your eating habits more than your significant other. Since you eat countless meals together, why not learn what is healthy for you and your partner, respectively, and how to truly nourish each other? This is a great way to take your relationship and health to the next level. *A two-day package with a two-week follow up plan.*

Package Includes:

- Initial Consultation with customized dietary upgrades and supplement plan
- Food sensitivity blood test for each person so you can find the foods that work best for you individually and together
- 90-minute Kitchen and Bath Purge of Unhealthy Products
- 90-Minute Health Food Store Tour and Restocking Trip
- 2.5-hour Cooking and Prep Class (to prepare a week's worth of cleansing, healthy meals)
- 60-minute Healthy "Junk Food/Comfort Food" ideas and prep session
- Primary Food Evaluation (things that feed you other than food) to keep your relationship with food clean and honest
- Whole Journey Comprehensive Binder
- Unlimited recipes
- Email support for two weeks that follow
- 1, 50-minute follow-up session

Program Fee: \$1895.00



Prep and Recover – The Surgery Package

Surgery is a shock to the body and can take a long time to recover from if not approached correctly. There are so many ways to boost immunity before surgery and healing afterward, which dramatically decrease swelling, scarring and the risk of complications.

Package Includes:

- Initial Consultation with customized dietary upgrades
- Customized nutritional and herbal supplement plan for before and after surgery
- 60-minute yoga, breathing and meditation class for techniques to use before and after surgery
- Homeopathic Surgery Protocol which will reduce inflammation, swelling, soreness, ease nerve pain/damage and tenderness, reduce stress and emotional trauma/shock from surgery and assist in the adverse physical symptoms of anesthesia
- Whole Journey Binder with complete shopping lists and foods specific to healing after surgery
- 90-minute Kitchen and Bath Purge of Unhealthy Products
- 90-Minute Health Food Store Tour and Restocking Trip
- 2.5-hour Cooking and Prep Class (to prepare a 7-10 days worth of healthy meals so you don't have to worry about cooking while you recover)
- Whole Journey Comprehensive Binder
- Customized menu
- Unlimited recipes
- Email support for the two weeks that follow
- 1, 50-minute follow-up session

Program Fee: \$1895.00



Success Story

"For weeks I was feeling lethargic and short on energy. Something was clearly missing and I figured if there was something I could improve on, it was my nutrition. Meeting with Christa I expected an immediate, deep dive into the foods I was eating, when I was eating, the portions I was eating, etc. To my surprise, we spent the first hour talking about things like work, family life, relationships, and friendships, before we ever starting talking about food. We talked about a variety of things that directly and indirectly play a part in our overall health and well being. It all started to make sense...After my initial consult, I knew that Christa's holistic approach with a clinical spin was the right one for me. I learned that health and nutrition is not just about the foods you put into your body. It's about finding ways to make incremental (and sustainable) improvements to the way you manage and approach your entire life. The sessions are designed to help you become self-sufficient. In the 6-months since I started the Whole Journey, my energy levels are great, I feel clean, more balanced and stronger. I am able to handle work stress better, my metabolism has increased, and in general I just feel much healthier. Christa and The Whole Journey have provided me with the knowledge and tools to manage my nutrition on my own."

-Brant Lee Del Mar, CA



Cancer Recovery Package

Studies show that Cancer thrives in an acidic environment and when fermentation is present in the body. Having walked her mother as well as several friends and clients through a healthy lifestyle change during and after their battle with breast cancer, Christa has developed a process to teach clients how to dramatically slash chances of reoccurrence through easy-to-implement diet and lifestyle therapies. Many people feel better and more empowered than ever once they cleanse their system and embrace a new way of life that allows them to thrive while enjoying a level of health that they have never experienced before. *This is a two-day program with a six-week follow up plan.*

Package Includes:

- Initial Consultation with customized dietary upgrades and supplement plan
- Consistent pH Testing and Balancing and ways to keep a balanced pH
- Candida Overgrowth testing, cleansing and balancing
- 90-minute Kitchen and Bath Purge of Unhealthy Products
- 90-Minute Health Food Store Tour and Restocking Trip
- 3-hour Cooking and Prep Class (to prepare a week's worth of alkalizing, healthy meals) Meals and program are customized to include appropriate proteins for your recovering body, how to juice and get greens easily in your diet in high amounts and how to cook your food (or soak/sprout it) to get the most nutrition from it.
- Customized exercise plan you feel inspired to do, not forced to do.
- Self care techniques and a plan for complimentary holistic therapies like acupuncture and colonics.
- 60 minute emotional healing session of your choice (could be yoga, meditation, affirmations, or the emotional freedom technique) giving you strategies to stay positive and in charge of your emotions.
- Whole Journey Comprehensive Binder
- Unlimited recipes
- Email support for the month that follows
- 2, 50-minute follow-up sessions

Program Fee: \$2195.00



Success Story

"When I came to The Whole Journey, I was in pain and my life was unmanageable. I also was not sleeping well, had no energy and felt as if I was in a mental fog all the time. I was taking several prescription medications to alleviate my symptoms. Today, I am not on any medications and I know it is because of working with Christa. Christa gently guided me through huge changes in the way I think about food, as well as dealing with life. The Whole Journey was an awakening for me. Nutrition and a healthy, conscious lifestyle are now a way of life."

-Maureen Brown, Carlsbad CA

COOKING



In-Home Cooking Class

A Whole Journey in-home cooking class is designed to help you get on your way to stocking a healthier kitchen as well as to teach you how to prepare a week's worth of healthy, tasty meals (7-8 dishes) in only two and a half hours. Once we decide on a menu specific to your dietary needs and tastes, we will send you a grocery list prior to our meeting along with the recipes for the class so you can pick up the groceries before we arrive.

As we go through and fix the recipes together, we will give you ideas and tips for other dishes you can create using the leftover ingredients from your shopping trip. The idea is to teach you how to shop and cook healthier without having to follow recipes so that it becomes easier and more intuitive. Optional health food store tour included prior to or after the event at no additional charge. Email support included for the two weeks that follow. (Maximum of 5 people in each class, each additional \$60.00pp)

Program Fee \$375.00



Whole Journey Private Chef Services

Our healthy personal chef has over ten years of culinary experience. She has apprenticed under the top chefs in San Diego and has cooked for five-star restaurants and resorts. Her range is wide; from French-California, Mediterranean, and Pacific Rim cuisine to Macrobiotics, Cancer therapy diets, Raw Food, Blood Type and Candida-diet friendly cooking. Nicole is also a Clinical Nutritionist and has trained under The Whole Journey philosophy to offer clients an exciting and tasty way to make dietary changes, using a soft and intuitive approach to food.

Together with your nutritionist and your taste preferences, a meal plan will be constructed for you and your family for the week. Nicole can shop and cook meals for the entire week (or she can just cook and you can do the shopping if you prefer), teaching you how to use condiments to keep the taste dynamic.

**One week's worth of healthy meals for a family of four typically takes three hours to prepare/clean up.*

Program Fee: Cooking - \$70/hr
Shopping - \$40/hr



Slice and Dice Class

Perfecting your knife skills can get a whole lot more vegetables in your diet! Learn professional techniques to make yourself more efficient when cooking while also having fun and showing off your fancy new skills. (90 minutes)

Class Fee \$150

GROCERY STORE TOURS



Private

Many people know that to change their health, they need to change the way they shop. A private grocery store tour is appropriate for someone wanting to eat specific to their health concerns or for parents wanting to increase the nutrition in their household by buying their kids foods that they will love and that will still taste good to them. For individuals or couples, we will go over your health intake form and then customize the tours to your needs and taste preferences.

Program Fee \$225 (up to 5 people)



Group

Spending an hour and a half at Jimbo's or Whole Foods with a Clinical Nutritionist can have a BIG impact on your health. We guarantee you will leave with an infinite amount of new products to try that will be huge upgrades to the way you are eating now without sacrificing taste. You will learn how to eat healthy without spending your life in the kitchen as we go through all kinds of tips for convenience while teaching you how to turn your kitchen into a natural pharmacy that allows vibrant health.

Program Fee \$45/person



Success Story

"With Christa's guidance, my whole life has changed for the better. I lost 20% of my original body weight, my energy levels have improved greatly, and I sleep better and understand a whole lot more about what my body needs to operate optimally. My digestion has improved like I never imagined. In addition, I have a new and improved (and enjoyable) way of eating and shopping as well as a consistent but fun exercise program. Christa has provided me with all the tools and education I needed to get here!"

-Andrea Kelly, Cardiff CA



Workshops, Seminars, Lectures and Wellness Programming for:

- Corporations
- Networking groups
- Non-profit organizations
- Schools & Universities
- Yoga Studios
- Spas & Wellness Centers

Whole Journey comprehensive workshops and programming are designed to identify, report, and address high-risk health concerns within a corporate population. Simple in its design, our programming delivers a significant return for any organization. We find that corporate audiences want cutting edge information and someone who can help them make sense of all the contradictory nutrition information out there. Most of all, they want to hear from someone who will inspire and energize them to make the positive changes toward a healthier lifestyle. Our programs do just that.

Workshop and Lecture Topics include but are not limited to: (60-90 minutes)

- Digestive Wellness
- The Busy Person's Way to Eat Well
- Eating for Productivity and Concentration
- Yoga Desk Stretches and 5-minute exercise routines
- Adrenal Fatigue: What it is and how to recover your vital life energy
- Natural Weight Loss; without willpower or denial!
- Sugar Blues; Prevent obesity, hypoglycemia and diabetes
- Fasting and Detoxification: Spring Cleaning
- Good Fat, Bad Fat; Lowering cholesterol and triglycerides
- Women's Health Issues: Happy Hormonal Health
- Beat Anxiety, Fatigue and Depression
- Avoid Brain Pollutants and Boost Intelligence
- Prevent and Reverse Memory Decline
- How to Stock a Healthy, Whole Foods Kitchen
- pH balance for Weight Loss, Inflammation, & Cancer Prevention
- Eating Intuitively: Eastern Ideas for Balance and Harmony
- Holiday Health Survival and Easy Ways to Make Junk Food Healthier
- Food Allergies and Sensitivities

After hearing more about your goals, The Whole Journey will customize the event or programming to fit the unique needs of your organization.