

STRESS BUSTER - £100.00

FIGHT & FLIGHT | CORTISOL | ADRENALINE | SUGARS

8 WEEKS HOLISTIC PROGRAMME TAILORED AS PER YOUR NEED?

WEEK-1, 2&3

1. Initial consultation for 60 minutes- Live chats through Skype or Face time.
2. Ravi's Welcome pack will be provided- Wealth of healthy tips and guidance
3. Complete nutritional Analysis- Assessment of nutritional need, by evaluating minerals and vitamin need and what food to eat or not?
4. Weekly email support- Correspondence through email
5. Customized Meal plan- Which will give you support to organize your meal as per the programme
6. Advice Sheet- On Stress, Metabolic Syndrome- Sugars, Cortisol and adrenaline and Adrenal protocol.
7. Emphasis on SLEEP- very crucial!!!
8. Session Record sheet- record of all the action points discussed and works on how to achieve the targets.
9. Supplement Programme- Initial advice on Herbal and holistic supplements
10. Food and Mood Equation – need to explain
11. Importance of Exercise- to combat stress.

WEEK 4, 5 & 6

1. Follow up of the Initial consultation and evaluate through Skype/Face Time- 40 minutes.
2. Assess the Record sheet from past 3 weeks and evaluate the progress.
3. Week 4, 5 & 6 customized meal plans will be provided.

4. Talk about Thyroid –in brief
5. Talk about Sugar, Caffeine, and Anxiety etc.
6. Weekly Email support.
7. Revised- New Supplement programme
8. Set new Targets and goals for Coming weeks.

WEEK 7 & 8 – FINAL WEEK

1. 2nd Follow up Consultation- Live Skype/Face Time- 30 minutes.
2. Evaluate the progress for the past 6 weeks and set goals and target for Future.
3. Advocate De- stress techniques.
4. Introduce 20 minutes Meditation by Me.
5. Customized meal plans will be provided- Week 6
6. Weekly Email support.
7. Revised- New Supplement programme
8. New Research and newsletter and recipes will be provided in the future- being a part of the whole package.

Looking forward to start the step-by-step guide of Ultimate Holistic journey with you- and sure with both of ours commitment and discipline we will get there!!!!- **START NOW....**



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