

Welcome

I am grateful you are joining myHealthDestiny's Nutrition Program!

Are you ready to have consistent energy, mental clarity, reduce weight and cravings? The time is now to reclaim your body! The human body needs a friendly cleanse; just like your car does. When was the last time you relied on one car to transport you forever. Never right? We need to rely on our bodies to do so much! Detoxification can aid in promoting optimal organ function, weight loss and slowing the aging process by revitalizing your cells.

My overall philosophy is based on a highly nutritious, (mostly) plant-based eating plan that naturally maintains your ideal weight and mental clarity. In addition, being mindful of living a balanced life - having fun, making time for exercise, practicing gratitude, and proper supplementation is important.

I created this program out of my own need to feel great and understand what I'm putting into my body. By learning how to incorporate healthful habits such as shopping for whole foods, cooking whole foods and eating whole foods you are on the road to prevention.

In addition to being a holistic health counselor, I'm a busy woman with an active lifestyle. I work full-time, make exercise a priority and have a beautiful son and wonderfully supportive husband that need me. I realized that being all things to everyone; daughter, mother, wife and making time for myself was taking a huge toll on my health, overall well-being and state of mind.

My health coaching certification is through the world-renowned Institute for Integrative Nutrition in NYC where I studied with some of the leading experts in the field of nutrition including: Deepak Chopra, M.D., Andrew Weil, M.D., and the Chair of the Department of Nutrition at Harvard, Walt Willett, M.D., I took everything I learned and encompassed it into this 28-day program; for a fun and informative program that works, especially for the busy professional and individual always on the go.



No gimmicks, no false promises.

I love good food and am not here to tell you exactly what to eat and what not to eat. I created this program to help you find your ideal healthy and happy self, based on a balanced and satisfying lifestyle. It is all about bio-individuality!

So, let's do it! Take control of your health destiny! You will look amazing, but more importantly, you will feel better than ever after you've completed the 28-days. Following are three commitments I want you to read through and genuinely commit to over the next 28-days.

To your health and success!

Martha

Commit To Your Success!

The reason behind 28-days is that it takes anywhere from two to four weeks to change a habit. Not only will you learn to break free of poor eating habits, but you will develop a whole new lifestyle that you will actually want to stick with! I subscribe to this lifestyle and wouldn't promote anything I, myself, wasn't doing and loving.

#1 Commit to the 28-Day Evolve Program TO A TEE

You will begin with the 5-Day RESET and cleanse. It's a food-based cleanse that will properly nourish your cells and "RESET" your body. You will feel amazing after the five day period, but it's important to stick with it. If you're having any challenges, I encourage you to pop into the private Facebook forum where you can get support and ask questions. Day 6-14, you will eat one shake, one bar and the rest of your meals and snacks will be based off of low glycemic eating that I will teach you as we move forward. The first five days are crucial, and at times will feel difficult, but it's REALLY important to stay with the program :)

#2 Commit to Going Through all the Content

To respect your time, each day is only about 1 hour of content and handouts, but I strongly encourage you to go through ALL of the content in it's entirety. I put together the most important nutritional elements in the 28-day period, however, there will be a lot of extra lifestyle bonuses that will be released after the program. And of course, you will have lifetime access to the online program once completed!

#3 Use the Strengthen.Nourish.Evolve Private Facebook Forum often.

Anytime you're making a lifestyle change, connecting with other supportive (and like - minded) people will help inspire and motivate you to stay on track. The Facebook forum is a private group on Facebook and serves as a great venue to ask questions, share challenges and learnings and support each other in the program. I'll be in the forum often as you will be for the Strengthen.Nourish.Evolve Nutrition Program alumni.

To your ultimate health and happiness ...

Cheers!

Martha