



PHASE 1

Holistic Wellness

MANAGE WEIGHT, STRESS, HEALTH & WELL-BEING

BIOCHEMISTRY

UNDERSTANDING HOW YOUR BIOCHEMISTRY IS STACKED AGAINST YOU
IT'S SCIENCE

Most of our problem is rooted in the quality of the food we eat.

This isn't by accident, the food industry already knows better than anyone how closely biochemistry is linked to food choices and overconsumption. They combine savvy marketing techniques with extensive study of the "bliss point" or the point at which sugar, salt, and/or fat provide the most euphoric combination that people, once hooked, simply can't resist. They keep eating them and they keep buying more!



DIGESTION INFLUENCES EVERYTHING ABOUT YOU

Weak digestion is the precursor to every chronic disease.



Health begins with digestion and Disease starts with impaired digestion



THE LYMPHATIC SYSTEM



What does lymph have to do with digestion



PURPOSE OF DR. CRYSTAL'S PROGRAM

- Facilitate a complete lifestyle transformation through mindfulness, Ayurveda, and holistic practices.
- Help clients manage weight, stress, health, and well-being by integrating personalized coaching and practical tools.

Dr. Crystal's Role

- Create a safe, nurturing environment for clients.
- Encourage self-reflection and mindful living through structured activities.
- Provide customized guidance based on clients' unique needs.

STRUCTURE OF SESSIONS

Each session will include:

1. Reflection: Grounding exercises and journaling.
2. Exploration: Introducing key concepts and actionable practices.
3. Implementation: Homework assignments and follow-ups.





12-Week Comprehensive Healing Program

Wellness Transformation

Dr. Crystal offers 12 weekly 1-hour sessions tailored to guide you on a transformative journey toward holistic healing. We focus on self-awareness, alignment with core values, and personalized healing practices, combining compassionate support with actionable steps for growth.

- Each session is designed to support your journey through reflective exercises, self-care practices, and alignment activities. Sessions are tailored to meet your unique needs and goals.
- Available both in-office and virtually for flexibility.

1. Reflective and Self-Care Practices:

- Thought-provoking exercises to identify and align with your core values.
- Journaling prompts and guided activities for continued growth between sessions.

2. Ongoing Support:

- Weekly opportunities to review progress, address challenges, and create actionable steps to integrate healing into your daily life.

Add-On: Tissue Mineral Analysis (TMA)

- Description: A comprehensive analysis of mineral imbalances to provide nutritional and wellness insights.
- Supplements: Cost varies based on individual recommendations and needs.
- Note: TMA and supplements are not included in the base program cost.

Why Choose This Program?

- Comprehensive Approach: Dr. Crystal provides a structured yet flexible framework to support holistic growth in all areas of life.
- Cost Savings: With the program discount, clients save \$111.40 compared to paying session by session.
- Convenience: Sessions are available both in-office and virtually to accommodate your lifestyle.
- Personalized Guidance: Every session is tailored to your unique goals and healing journey.

