



# Awakened Wellness LLC

Restorative Health coach  
certified by  
**THEWELLNESSWAY**

## New Client Instructions

*Congratulations & welcome to The Road to Restoration Coaching Program!!*

*I am so excited for you! You have taken a HUGE step towards taking control of your health and wellness outcomes.*

Today may have been a little overwhelming for you. You were given many many things to implement in your life. Here is a recap of your homework.

We understand that testing takes some time, and getting results takes even longer. We will test and supplement at your pace, with your goals and budget in mind. So while you wait we want you to take a few simple steps toward your goal of wellness. These simple changes will get you going towards the goal of reducing inflammation and toxins so your body can heal.

1. Plug into our Facebook group **Awakened Wellness Life** for education and motivation.
2. Become a skilled food label reader. If the label has multiple ingredients you can not pronounce... DON'T buy it, DON'T eat it, easy rule. Items like MSG (Monosodium glutamate), aspartame, and dyes are toxins and can cause things like headaches, brain fog & hyper activity.
3. Go GRAIN- FREE! Gluten is one of the most common known food allergies today. Even if you do not have a known gluten allergy... it and grain is not good for anybody's body. The word 'gluten' is Latin for glue. It turns to glue in your digestive system? It sticks to the wall of the small intestine causing malabsorption of nutrients. This includes corn, corn is a highly inflammatory grain.
4. Avoid all forms of soy in foods. Soy is a very inflammatory food and is often hidden in processed foods.
5. Avoid sugar, especially fake sugars. While you are on The Road to Restoration we will be talking a lot about sugar. Start today by saying NO to sweets in general and we will build on your no sugar lifestyle.
6. Go DAIRY FREE! Dairy is another inflammation producer and a very common food allergy.
7. Drink ONE LITER of water first thing in the morning, then make your goal 1/2 to 1 gallon every day. Water flushes out toxins and keeps you feeling full and satisfied. Crazy enough, the more you drink the less you retain. Drink distilled first choice or good filtered water, spring water is best. If you are filtering out the minerals make sure you add them back in your supplement routine.
8. Smile. Studies show that smiling has a positive biochemical effect on your body, as it reduces stress and boosts your mood.
9. Hug. Daily hugs and social support act as a buffer by decreasing cortisol levels in the body. Little known fact: stress can have a pathogenic effects on our bodies. It weakens our immune system, making us susceptible to being ill.
10. Get consistent and stay the course! It took many years of stress, toxins, traumas, and thoughts for our bodies to get to this place. We must be patient with our restoration. We must have some stick-to-tiveness!! Every day start somewhere and build on the good things you did yesterday.

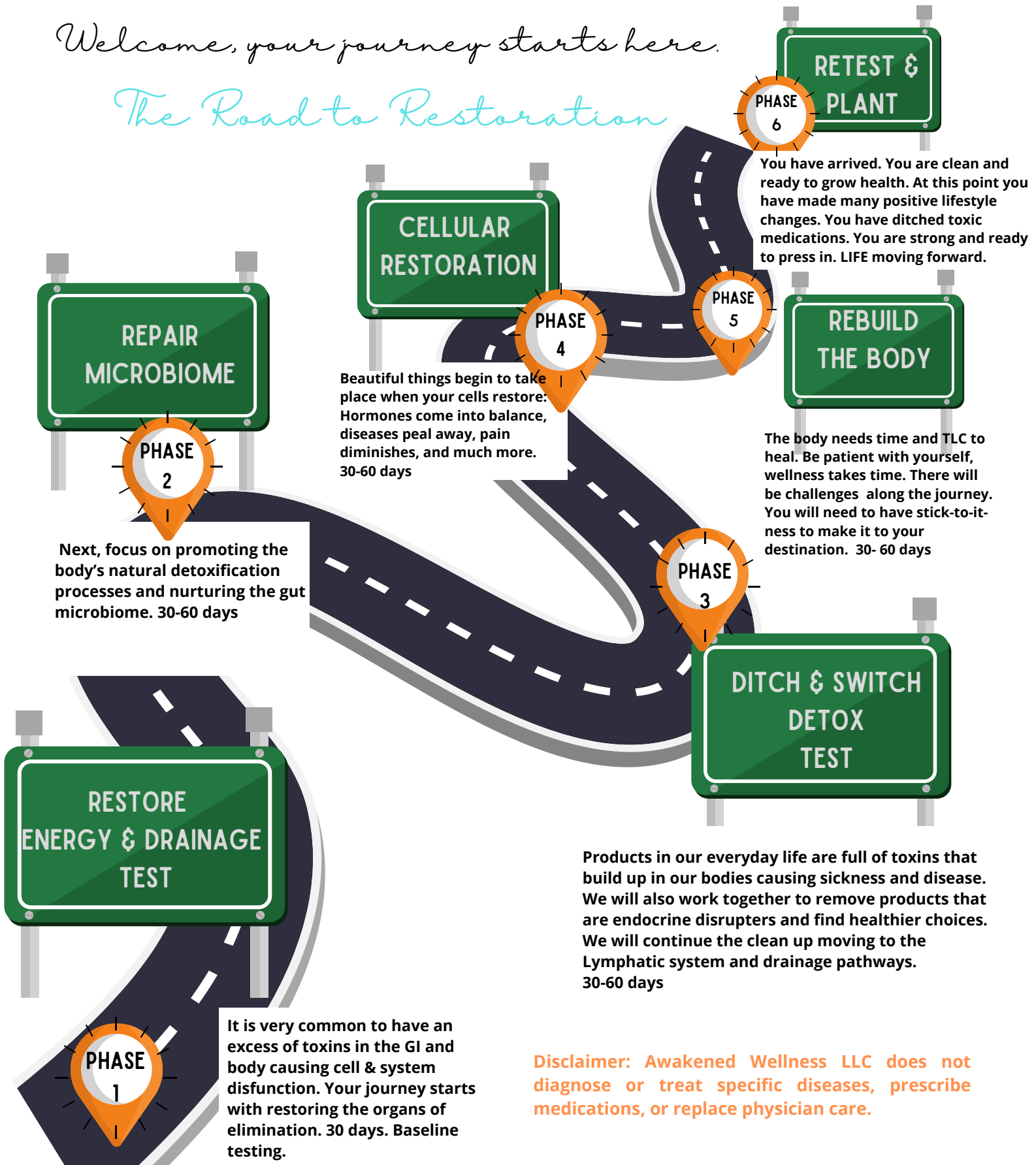
*In order to serve you better please consider our Coaching subscription. You will receive the motivation & education needed to stay on track!!*



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Welcome, your journey starts here.

## The Road to Restoration



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## FIREMAN & CARPENTER



What makes you healthy? What makes you sick? I think Dr. Flynn got it right with his explanation of a Fireman & Carpenter. Let me paraphrase it for you.

Here we go-

What if you came home to find your house on fire? Who would you call? 911- fire department, of course! We don't even think of calling anyone else because they are the right guys for the job. In order to save your home from the fire they will special tools, ie: an axe and water hose. They may break down the door, windows, and walls. They will hose down the walls, pictures, and furnishings ruining everything. However, you will be grateful. You will thank them for ruining your home with their tools. However, you would not appreciate them if they continue to come and do the same thing to your house every day for the rest of your life. The fire is gone, right?

When it is time to rebuild your house, you call in a carpenter. He will look for the source of the fire. Let's use the example of faulty wiring. You will expect the wiring to be replaced before the new drywall goes up. You would not expect him to leave the faulty wiring and rebuild on top of it. Or, have the fire department come by every day and water it down so it can not start on fire again. If he did not fix the faulty wiring, you would not be surprised when you had another fire, because the original problem was not resolved.

In this example the fireman is a doctor, his tools are medications and surgery. The house is your body, and, the fire is inflammation that is evidenced by sickness & disease. In an emergent situation a doctor can save your life with medications and/or surgical intervention. However, is staying on the medication for life really making you any healthier? Or, could it be rotting your house (body) with side-effects?

The carpenter is me, Nurse Tanya. I want to know what started your fire and put it out it at the source. Then, together, we rebuild your body one phase at a time by helping you remove stressors, toxins, and traumas. And, restore your house (body) with custom nutrition, herbs, and supplementation.

**REMEMBER- Like Dr Flynn says, "You need to choose the right professional for the job. If you have a FIRE, get a fireman. When it is time to rebuild, become a carpenter."**



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*toxic or*  
**FERTILE**



**I'm sure you have heard the saying, "you are what you eat."  
What if I put a little different perspective on it, and told you..... You are  
what you can not eliminate!! If that thought doesn't scare you, it should.**

**I want to give you another analogy of a gardener. In this story the  
gardener has beautiful organic heirloom seeds to plant for his future  
harvest.**

**What soil will he choose? Old musty, moldy potting soil from last years  
crop? Would he pick a garden spot near a dump or in a place with poor  
drainage? Or, in the full sun, full shade?**

**Of course he would not!! He would find just the right spot with perfect  
sun & protection. He would till the ground and remove all old debris. He  
would add rich compost until it was perfect!!**

**Then he would plant his heirloom seed in that special ground.**

**He would know that the job does not end there. He must water, pull  
weeds, protect and love his seeds for a lifetime. If he does, he will never  
have to buy seed again. The plants reseed for him.**

**Our bodies are the soil. And, frankly we have let it go to shit! We are at  
the point that we don't eliminate properly so the toxins are all backing  
up. At this point, there is no sense in wasting good seeds planting them in  
our toxic bodies.**

**Don't worry, you are in the right place. We have the solution. At  
Awakened Wellness LLC we have partnered with CellCore to do a full  
body cleanse before we even start your Wellness Way program. Once  
your soil is ready we will replant your garden and you will grow health.**



# Awakened Wellness LLC

## What is THE RESTORATIVE APPROACH?

Nurse Tanya is a Health Restoration Coach, certified by The Wellness Way Academy. She will provide you with: education, mentorship, motivation, test result interpretation, nutrition, and supplement recommendations. You may think of her as your "tour guide" on *The Road to Restoration*. She will help you take control of your health.

The focus of the medical approach is: diseases, symptoms, diagnoses, billing and coding, and medication centered. In direct contrast, The restorative approach is person centered; focused on you as a whole person, not just a set of symptoms. Nurse Tanya will spend time with you. She wants to know your story, because you are the sum of your genetics, your environment, lifestyle, mental health, spiritual health, and your physical condition. All of these things combined influence your long-term health and complex, chronic diseases making you a unique expression of individual health and vitality.

## What makes THE AWAKENED WELLNESS APPROACH UNIQUE?

*Let's use high blood pressure as an example. (the fire)*

**Medical approach-** Treat symptoms with medications: ACE inhibitors, Calcium Channel Blocker, Diuretics

**Alternative Medicine/ Integrative approach-** treat symptoms with alternatives to medication: fish oil, B12 shots, Co Q 10, Vitamin C, Magnesium, potassium

**The Awakened Wellness Approach-** First we must prepare the body to receive new life by thoroughly detoxifying the organs of elimination. Next, we get to the underlying cause of the high blood pressure with testing of the bodies systems ie: food allergy, hormone, thyroid, GI function, heavy metal toxicity, virus, stressors. What started the fire?

Then together, we use tools to restore the body, resolving the dysfunction. When we remove stressors and give the body what it needs, over time, the body will heal.

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Three *SMART*  
goals to



## A HEALTHIER YOU

**S**pecific: State exactly what you want to accomplish (who, what, where, why)

**M**easurable: How will you demonstrate & evaluate the extent to which the goal has been met?

**A**chievable: Stretch & challenge yourself. Make goals within your ability to achieve a successful outcome, yet not easily.

**R**elevant: How do the goals tie into your responsibilities and lifestyle?

**T**ime-bound: Set one or more target dates, the "by-when" will guide your goal to successful and timely completion.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_





## *Dr Flynn's - Swiss Watch Principle*

A common misconception is that one part of the body can be treated at a time and separate from the rest of the body. In the medical community there is a specialist for every system who micromanages one specific system at a time without considering the effects of the treatment on the rest of the body.

The restorative approach sees that if one system in the body is suffering, the entire body suffers; looking at each individual as unique. It looks at the whole body, not just a part of it. It addresses the cause (or causes) of illness, not just the symptoms.

Dr Flynn, founder of The Wellness Way, teaches that the body is made up of systems similar to the gears of a Swiss watch. The nervous system is the gear in the middle that controls all the other gears on the outside of the watch. The endocrine, digestive, skeletal, integumentary, immune, muscular, respiratory, and circulatory systems make up the gears on the outer portion of the watch. Like the watch, if a gear is off, the watch will not keep time. The human body is even more complex. Has anyone ever taken medication for a heart issue and had it affect the liver negatively? You can not treat one system without effecting them all.

To summarize, I agree with Dr Flynn. I do not believe I can help you achieve true restoration or homeostasis in the body by adjusting one system at a time. We must look at the whole body and its unique stressors to customize your restoration journey. A body that has been sick for a long period of time with multiple systems affected will require testing, and repeat testing over a lifetime to reach and maintain a state of wellness.

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## *Why is nutrition so important*

Let food be thy medicine and medicine be thy food. Optimal health is directly correlated with a high quality nutritious diet. Good nutrition is the main preventive measure against a large number of human diseases. Processed foods and GMO foods are robbing the body of life. The life of food is in the seed, the seed that was designed by the creator, not in a laboratory.

Poor diet equals poor system and cell function. When you are having symptoms or some kind of illness, it is obvious that some system or part of your body is not functioning properly. You are in the right place. We will seek out the deficiencies in your routine so that you can regain and maintain abundant health.

Why do you eat?

Do you ever think about why you eat? The majority of us eat to satisfy emotional and social needs before physical needs. Food is very emotional to most everyone and learning to eat to fuel our bodies takes self discipline. Many of us live for the "party in the mouth", the taste buds are directly linked to our pleasure centers giving us so much satisfaction. Many of this pleasure is induced by harmful ingredients and flavor enhancers. Over time we become addicted to the chemicals and crave this junk food. We have created pathways in our brain called habits: we now eat because we are bored, sad, happy, tired, and stressed. We can no longer 'hear' our bodies natural hunger signals.

The body is amazing.

It is never too late to reset the body, even if we have been damaging it with toxins and poor nutrition, the body can and will heal. A healthy body will crave nutrition. An unhealthy body will crave sugar and junk food. During the restoration process you will have to use willpower to bring your body into alignment. However, in the months and years to follow, your body's desires will change and you will crave healthy food. As you eat for health you will become healthy.

You are what you eat..... You are what you can not eliminate..... scary thought.

Bless this food

Food should be a blessing. When you pray, "bless this food to the health and nourishment of my body." Make sure this is not an impossible ask. Even the Lord can not change the nutritional outcome of what you eat. We must eat food that has life in it. The life is in the seed. Processed and GOM foods are void of life, void of the Lords blessings.

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