



# AWAKENED WELLNESS LLC

Restorative Health coach  
certified by  
**THE WELLNESS WAY**  
CELLCORE PRACTITIONER

## 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 CellCore DIY Foundational Health 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. Make sure you have your daily minerals.
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 make sure to get to your follow up appointments. You will receive the motivation & education needed to stay on track!! Most importantly to make sure your drainage pathways are able to support your detoxification.*