THREE TO ONE

3 Weeks ON the program and 1 week OFF program. In total, the cycle will be one month = 4 weeks x3. This cycle will repeat 3 times = 3 months.

Being on plan for the majority of the month will still allow us to make a lot of progress. Don’t worry about being in a hurry to reach your health goals. If you are in this for the long haul, think of this journey as one that lasts your entire life. It takes time to heal our bodies and identify what our individual needs are.

The one week OFF plan will be the 4th week. The 4th week OFF plan, you will be free to go back to your old routine and diet. From the quick change in your routine and especially your diet, will allow you to see significant changes in mood, energy, digestion and joint pain from the quick on/off technique. These things are the first indicators of inflammation. This method is used by doctors to help the doctor and their patients notice and become familiar with changes in their body when making adjustments to their routine so quickly. When we are ON plan, you’ll be eliminating any potential inflammatory foods that could be causing any irritation. When you are OFF plan, you are free to do anything that was a part of your old lifestyle. Use your own judgement on what those things will be. I encourage you to not follow the plan on your OFF plan week though. You must develop the ability to identify where your problem areas are, especially if you’re struggling with energy, gut or immune issues.

This is a 3 month program in total. If you wish to continue the “program” after the 3 months are over, that is the goal! This program is meant to help teach you life long techniques and habits to maintain and improve your health for your entire life. Because the "program" isn't just meant to be followed for 3 months but to be adopted as a lifelong lifstyle.

3 month structure.

Month 1.

Implementing routine.

Getting comfortable and adjusting.

Forming healthy habits.

Building confidence.

Month 2.

Problem solving.

Working out kinks in routine.

Identifying problem areas.

Month 3.

Being confident in your new routine.

Fully formed habits.

Independence and food freedom.