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| **Plan - Foundation for Eden Gopal** |
| Plan Summary: Page 1 is an overview of all components. Page 2 is a guide to your self-administered therapies. Page 3 details your RASHA prescription. Contact us with any questions. Your plan starts date is 8/21/2025. |
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YOY University Link: [www.yoythrive.com](http://www.yoythrive.com)

**Coaching Call Links:**

Ashley with Mindset and Nutrition Coaching: <https://calendar.google.com/calendar/u/0/embed?src=youonlyyounger@gmail.com&ctz=America/Chicago>

Dr. Kami Owen Coaching:

<https://us06web.zoom.us/meeting/register/tZIuduGoqj4vGtBBspwRSyyN0s-8uS7gP1Ha#/registration>

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| **Self-administered Therapies Script** |
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| |  |  |  |  | | --- | --- | --- | --- | | **For this** | **Called** | **Starting on** | **Do this** | | Home Therapy | Thrive Coaching Package | 8/24/2025 | Participate in Coaching on Tuesday or Thursday weekly with Mindset Coach and Friday with Dr. Kami. See www.YOYUniversity.com for specific times. Must participate a minimum of twice per month with both coaching sessions to stay active in YOY University | | Supplement | Core Restore - 7 days | 8/31/2025 | Mix 2 scoops of Core Support with 8-10 ounces of water or to the desired thickness | | Supplement | SBI Protect Powder (30Serv) | 8/31/2025 | 1 scoop in 4oz of water per day | | Home Therapy | THRIVE Group RASHA 60 minutes | 9/14/2025 | Listen to RASHA in a quiet space where you are undisturbed. For best results listen through computer with wired headphones. It is important that you do not have any mind-altering substances in your body when interacting with RASHA | | Supplement | DHEA 25g (90ct) | 9/14/2025 | Take 1 Capsule per day | | Supplement | Diaxinol (120ct) | 9/14/2025 | Take 2 Capsules once per day | | Supplement | Majestic Earth Plant Derived Minerals | 9/14/2025 | Take 1 Ounce in am and pm (May mix with beverage of your choice) | | Supplement | Orthomega 820 (180ct) | 9/14/2025 | Take 3 Capsules per day | | Supplement | Reacted Zinc (60ct) | 9/14/2025 | Take 1 Capsule per day | | Supplement | Ultimate Tangy Tangerine | 9/14/2025 | Take 1 Ounce in am and pm (May mix with beverage of your choice) | | Supplement | Vitamin D3 50,000IU (15ct) | 9/14/2025 | Take 1 capsule weekly | | Supplement | Vitamin K2 with D3 (60ct) | 9/14/2025 | Take 1 Capsule per day | |

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| **RASHA Script** |
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| |  |  | | --- | --- | | **Do this session** | **During this week \*\*** | | Stress Relief | 9/14/2025 | | Stress Relief | 9/16/2025 | | Stress Relief | 9/18/2025 | | Stress Relief | 9/20/2025 | | Beauty/Anti-Aging | 9/21/2025 | | Stress Relief | 9/22/2025 | | Stress Relief | 9/24/2025 | | Stress Relief | 9/26/2025 | | Stress Relief | 9/28/2025 | | Beauty/Anti-Aging | 9/28/2025 | | Beauty/Anti-Aging | 10/5/2025 | | Beauty/Anti-Aging | 10/12/2025 | | Beauty/Anti-Aging | 10/19/2025 | | Woman's Health | 10/19/2025 | | Beauty/Anti-Aging | 10/26/2025 | | Woman's Health | 10/26/2025 | | Beauty/Anti-Aging | 11/2/2025 | | Woman's Health | 11/2/2025 | | Beauty/Anti-Aging | 11/9/2025 | | Woman's Health | 11/9/2025 | | Woman's Health | 11/16/2025 | | Woman's Health | 11/23/2025 | | Woman's Health | 11/30/2025 | | Woman's Health | 12/7/2025 | |
| \*\* [Click here](https://youonlyyounger.sharepoint.com/:b:/s/ThriveTeam/EU71-3T4TChIoObSAsjuW08BlB4uSVvyfJhTvKYebWQsgw?e=40KjKd) for the Group RASHA schedule for session Days and Times |