

BECHAMP HEALTH



6 WEEKS TO WEIGHT LOSS AND WELLNESS

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6 WEEK PROGRAM

KEY TOPICS - *SUBJECT TO CHANGE

Module 1: Introduction to weight loss with low carb and intermittent fasting

- Acid vs Alkaline Foods
- Food Quality vs Quantity
- What are quality carbs and healthy fats?
- Food replacements for carbs and sweets
- Food Journal Tour

Module 2: Awareness of digestive challenges

- Portion sizes and ratios
- Mindful eating
- Microbiome and gut health

Module 3: Meal Planning and Cooking Tips

- How to cook with herbs to enhance immune strength
- Digestive teas

Module 4: Sleep, Laughter and Relaxation

- How does sleep & stress affect weight?
- Tapping techniques to release cravings
- Methods to deal with stress - yoga, deep breathing
- Bedtime routine best practices



Module 5: Exercise and Movement

- Exercises to burn more calories
- Lymphatic drainage
- Body heat & circulation

Module 6: Supplements and Maintaining Healthy Weight

- Recap of healthy habits
- A dive into supplements for healthy metabolism
- Cleanse and Fasts for Detoxification
- How to maintain healthy weight going forward

*insurance receipt available



Program includes digital handouts, 6 weekly online group sessions, access to food journal and private portal.

Sessions are recorded for replay (up to 30 days after program is completed)

***3 private consultations included** during the program for customized assessment.

Weekly assignments and private FB group to keep you accountable! :)