



# *Nutritional Transition Guide*

& SUPPLEMENT ROADMAP



**QUICK  
START  
GUIDE**



# *nutritional transition guide*

*Weekly eliminations are suggestions that you can discuss with your personal health coach. The goal is to grow a relationship with a new, healthy lifestyle. This transition can take as long as needed. We want you comfortable with each dietary change you choose to make before moving on.*

## **GROUP 1:**

- Eliminate grains and alcohol

## **GROUP 2:**

- Eliminate legumes and nightshades

## **GROUP 3:**

- Eliminate dairy and coffee

## **GROUP 4:**

- Eliminate eggs, refined/process oils and sugars, and food additives

## **GROUP 5:**

- Eliminate nuts, seeds and spices made from berries or fruits

*Tips for Success:*

*Plan a menu and shopping list each week*

*Do batch cooking to save time on busy nights*

# CHA road map

## CELLULAR HEALING ACTIVATED

- ✓ Source removed
- ✓ Cell membrane regenerated
- ✓ Cellular energy restored
- ✓ Cellular inflammation reduced
- ✓ Methylation re-established

## CELL DETOX LEVEL 2:

### *Mind & Memory*

**Purpose:** To aid the body in clearing deeper bio-accumulated toxins in the brain that lead to most chronic symptoms.

## CELL DETOX LEVEL 1:

### *Stress & Hormone*

**Purpose:** To begin the detoxification process at the cellular level and prepare an environment that facilitates healing in areas of the body with more deeply embedded toxins.

## CELL BALANCE:

### *Body & Brain*

**Purpose:** To support and begin to correct digestion and microbiome integrity while supporting and restoring normal methylation, cell membrane health, and gut/brain function. To further prepare the body for detox.

## CELL PRIME:

### *Energy & Adrenals*

**Purpose:** To boost adrenal performance and energy production and prepare the elimination pathways for the cellular detox process.