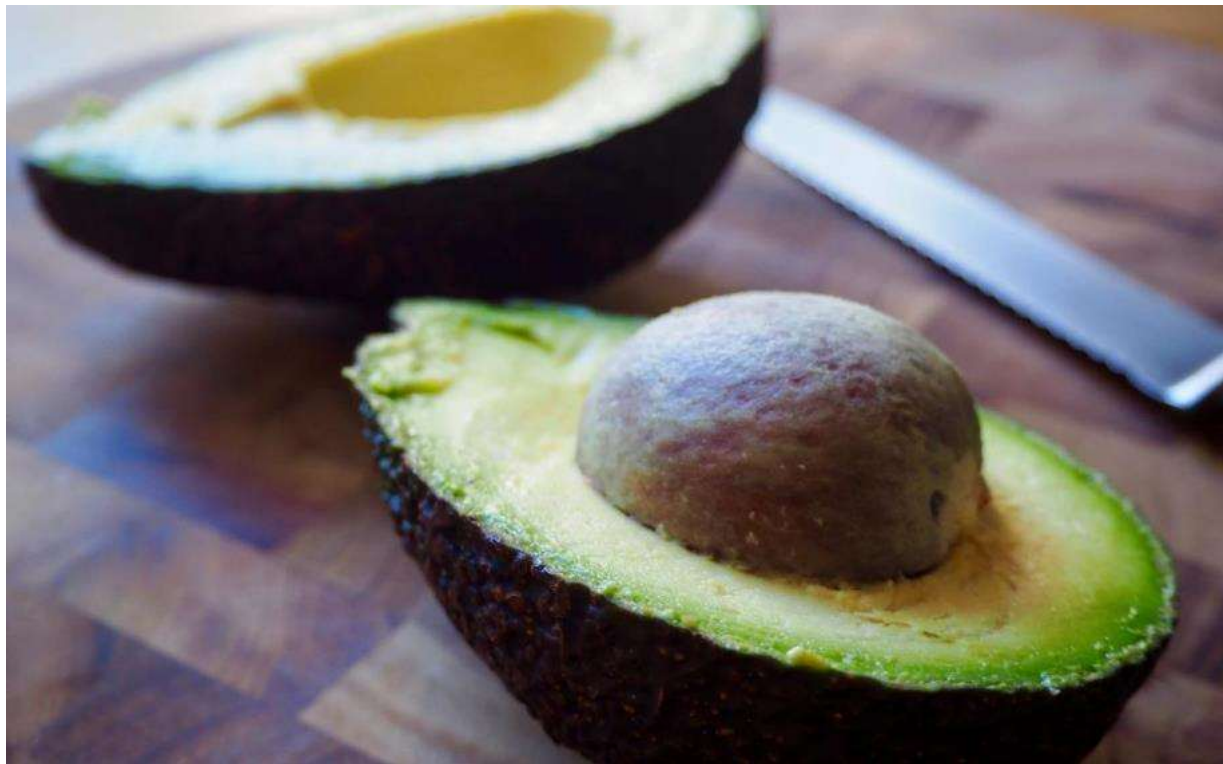


The 8-week Health Reboot



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info@nickyclarknutrition.com

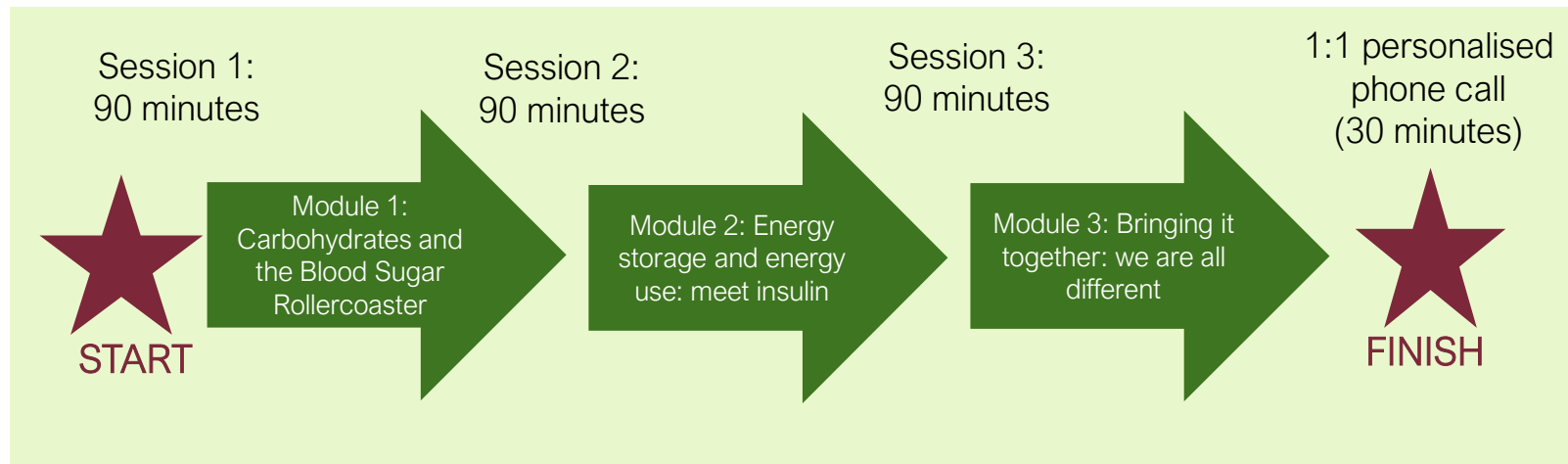
www.nickyclarknutrition.com

Overview

Are you sick of not feeling your best? Is your energy low and your concentration not what it used to be? Are you overweight, always hungry and can't do anything to budge the scales? Do you wake up every day wishing you could change things but never manage to get started?

If so, this 8-week programme is exactly what you need to reboot your health.

This programme covers important diet and lifestyle changes that are easy to incorporate into day-to-day life that will make a significant impact on how you feel every day.



Detailed information on what will be covered in each session is provided on a later slide.

What's included?

The programme includes 3 x 90 minute online sessions with Nicky Clark and an optional one-to-one 30 minute phone call at the end.

Online group sessions will be held via Zoom at 7pm on Tuesday nights, usually spaced at 2 or 3 weekly intervals.

You will receive practical homework and receive an array of meal plans, recipes, handouts and ideas for further reading/watching so you can take your learning further.

You will walk away armed with powerful knowledge that will fundamentally change how you think about food and help you to eat in a way that suits *you* (not your friend).



How to sign up?

The programme cost is \$350 per person.

To confirm your place either:

- [use this link](#) and select the programme start date, or
- email info@nickyclarknutrition.com and make payment to Nutricomms Pty Ltd
BSB 062 692 | Account 768 488 21.

Programmes are limited to 8 people to ensure you get the most out of the programme.

Start dates will depend on availability.

To ensure you don't miss out, you can register interest in advance by emailing info@nickyclarknutrition.com.



What is covered in each session

Session 1: Carbohydrates and the Blood Sugar Rollercoaster (90 minutes)

During this session we will do a deep dive into blood sugar and the blood glucose rollercoaster. You will learn about different types of carbohydrates and why they are not all created equal. You will learn why sugar gets such a bad rap. You will walk away able to read the carbohydrate sections on nutritional labels, knowing some crucial practical tips for eating to limit the impact of 'bad' carbohydrates and having a greater awareness of how carbohydrates and sugar impact your day-to-day life and overall health and wellbeing.

Session 2: Energy storage and energy use: meet insulin (90 minutes)

During this session we will look at the science behind energy storage and weight gain, with a close look at a hormone called insulin. You will learn how your body extracts energy from food and how it uses that energy – to meet immediately needs or to store away for later use. You will quickly see why weight gain and weight loss is about so much more than 'counting calories' or 'eating less and doing more'. You will learn more practical tips for when you are eating and ways you can move and exercise to effectively manage your body's energy storage.

Session 3: Brining it all together: everyone is different (90 minutes)

During this final session we will explore why everyone responds to different foods in a unique and individual when it comes to nutrition and your friend's diet may not be optimal for you. We will discuss how you can learn more about your unique self and your how your body responds. We will discuss self-awareness, at-home testing and functional lab testing (e.g. blood, urine and stool tests). We will also discuss how carbohydrates and the blood sugar rollercoaster are just one factor, and should always be considered in context in the context of the wider diet. This will include discussion of food processing and the emerging research which is showing how a specific category of these foods - called 'ultra-processed foods' – are having a exponentially bad impact on our health and how best to read nutrition labels so you can identify and avoid them.

One-to-one private phone call (30 minutes): This session will give you an opportunity to set some goals and enable you to ask questions that are unique to you, taking into account everything you have learned up to this point. This session is held by phone.

"Honestly I got so much out of this I don't know how to choose [what I enjoyed most]"

NICKY CLARK
NUTRITION



8-week Health reboot
a nutrition programme to get back your
energy and lose weight

"Completely changed the way I look at food and meals."



"Before- Overweight and lacking energy. Now- Needing to snack less and consuming better foods, much more energy and better mood"

"I can't emphasise how life changing this program is. ...It's a must-do for anyone if is needing to have a better understanding of self and nutrition".

Register interest at info@nickyclarknutrition.com

** Limited to 8 places **