



PAIN-FREE * ENERGISED * HEALTHY

ABUNDANT HEALTH

Each day healthier- one meal at a time

From a personalised menu plan, delicious recipes, coaching sessions and inspiring material, we help you find the best path to a healthier you in a normal sized body.

Rewrite your story...

WHAT DO YOU WANT IN 2023?

- Boundless energy
- Focus and discipline your normal
- Pain-free (no more headaches, muscle cramps, joint pains, etc)
- A strong immune system
- Clear mind (no mental fog - sharp and quick thinking)
- Glowing skin (a healthy inside will show on the outside)
- New healthy habits that last
- Calm mood (a body in balance supports better stress management)
- To break free from the forever diet cycle
- A healthy body always go to normal size. We just need to remove the obstacles.



Light²
LIVE

Rewrite your story

There is a new chapter waiting.
You absolutely can rewrite your story





7 WEEK JOURNEY TO A HEALTHY, ENERGISED BODY

- An initial health and food analysis
- A **personalised menu plan** designed for your food preferences and goals.
- Menu plan adjusted weekly based on your progress and feedback
- **Recipe book** with 70+ delicious and easy recipes
- Daily nutritional journal to plan and revise meals
- Weekly evaluation and support:
 - Measuring progress
 - Follow up action plans
- 7 sessions (45 min - 1 hour) focused on optimal nutrition for health, mind-body-gut connection and the power of habits.
- Selected videos and inspirational material that equip you with the necessary knowledge without having to read a pile of books
- System for sustainable success: Strategies to implement lasting healthy habits that will become your new normal.
- Step-by-step **personal support and accountability** to reach your goals.
- Maintenance plan after 7 weeks to keep up the good work.



THE HOW TO OF YOUR 7-WEEK JOURNEY



- Session 1: An overview of the program. Downloading your recipe book, menu plan and other key components from the members' page. What is optimal nutrition? The nutrient-excellence scale.
- Session 2: The impact of acid/alkaline-forming foods on health
- Session 3: The importance of a healthy gut on your health journey. Foods that heal your gut to support healing and wellness.
- Session 4: The link between stress and your health and weight. Techniques that release stress and anxiety naturally. Pro-active action plans to manage stress in a positive way.
- Session 5: Discover how your thought patterns impact your life. A 21-day detox-your brain from toxic thoughts plan.
- Session 6: How do you see yourself? Your mindset connected to food, your body image and life. How to renew your mind to a better life.
- Session 7: How to replace bad habits with lasting good habits. Systems for success and consistency in future wellbeing. How to improve any recipe to a healthier version.

Rewrite your story _____



THE 7 STEPS TO SUCCESS

GOAL

KNOWLEDGE

STRATEGY

SYSTEMS

ACCOUNTABILITY

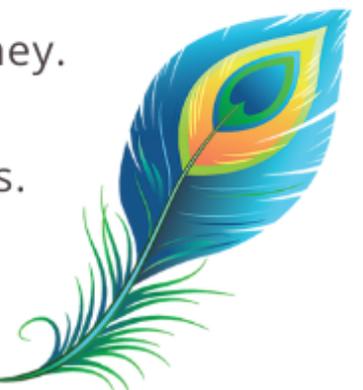
CONSISTENCY

CELEBRATION

Your commitment to your success is to choose Light2live to partner with you on your new journey. Our commitment to your success is to help you achieve your goals using these 7 stepping stones.

Together we can rewrite your story...

Rewrite, your story _____





Light²
LIVE



Take the next step...

COMMITMENT = SUCCESS



www.light2live.com/abundanthealth



Rewrite your story
