

the flourish academy

Starter Guide - For Nourish Members

Welcome!!!

I am so glad you decided to take the leap and do something beautiful for your health. The Flourish Academy is not only going to help you create one happier flatter belly, it's going to help press the RESET button for **whole body healing and transformation!**

This Starter Guide is to introduce you to how the Academy will work.

How the Flourish Academy works

The Flourish Academy is a 4-week online program where we go deep. Where you will see some amazing shifts in your physical health, your relationship with food, your belly and so much more.

Your resources:

+ **Weekly emails** - once you have activated the program below you will be sent x2 emails a week where I will send you the meal plans and the different trainings. Make sure you are getting our emails and I recommend creating a 'Flourish Academy' folder for easy access.

+ **The eBooks** - in the Members Site you will find the Flourish eBook and Recipe eBook. Download these, read them and save them as they are yours for life.

How to get started

1. **Read the Flourish eBook.** This really is the back bone of everything we are going to cover over the next 4 weeks and really helps to lay the foundations and explain things in more detail. The book can be download via the order email you received upon purchase.

2. **[Complete the Flourish Academy Check In Form here](#)**. This is essential and a great way to 'take stock' of where you're at and so I can know how to help you!
3. **Activate the Flourish Academy**. Once you're ready, make sure you activate the program by clicking the link below. This will activate the weekly flourish emails and unlock all the trainings for you. You can do this at ANY time.

[CLICK HERE TO ACTIVATE THE FLOURISH ACADEMY](#)

I recommend you do this when you are ready to get started. I suggest taking 3-7 days to read the Flourish eBook, get organised, buy food and feel ready instead of rushing into things ;)

What to expect over the 4 weeks.....

So what should you expect to see during the next 4 weeks?

(These are generalised as obviously everyone is different, a lot depends on your metabolism, your general state of health, hormones balance etc)

Week 1

- * You will pick what level you wish to do (1 or 2) and be super enthusiastic, pumped and ready to go!
- * You might feel daunted by the RESET program but ready to dive in.
- * Days 1-2 you may think '*this is easy*' but by day 3-6 you might notice a dip in energy, feeling bloated or sluggish or change in bowel habits or even headachy. This is due to the detoxification impact and the shift we are making to your blood sugars. Keep going, drink lots of water, and eat when hungry. This would be a good time to get more sleep too.

Week 2

- * You will be feeling better by now, detox symptom disappeared and your blood sugars will be more balanced!
- * By this point, you might start getting cravings (take note of these!) or might be struggling with the habits you are creating. The new ways of constructing a meal, of planning and still getting your head round to eating fat....
- * You should find that you are less hungry, maybe need to snack less or hopefully not at all.

Week 3

- * Yes - week three! You should be into the swing of things now. You're not as hungry, but you might still be struggling to squash the sugar demon!! Stay strong.
- * You should feel less bloated, more energy and feel a little bit lighter by now....

Week 4

- * You did it!!! A complete RESET of your (beautiful body). You should feel super proud of yourself and like you're finding your groove and FEELING GOOD!
- * This is when you might start to implement some of the specific suggestion around your gut or hormones,

So are you ready?

I know that the next 4 weeks and beyond could be a real turning point for you - mind body and soul. But remember this will not work if you don't do the work. **Signing up for the Academy is you saying you are ready for change, ready to feel better, ready to see some fabulous results.** But change requires action. If we want to see a radical shift in our weight and health, then we need to take radical action.

But I KNOW you can do this and I am here to take you by the hand and lead you through it step by step. Because you CAN do this, it IS so much easier than you think, often the hardest thing is just getting started.

See you in there beautiful!!!

Kezia
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If you have any issues then please email info@supernaturallyhealthy.org