



## STARTER Guide

Welcome Beautiful!

I am so glad you decided to take the leap and do something beautiful for your health. Nourish is not only going to help you sort out your belly, ditch that sugar addiction - it also going to help you heal. Help you create a healthy life that actually feels effortless, balanced and happy.

No more yo-yo dieting. No more dinnertime overwhelm. No more pasta pesto on repeat. No more expanding belly and feeling out of control.

You are going to learn to **Nourish your body, mindset, and relationship with food.**

I am so excited for the journey you're about to embark on and don't worry both myself and the Nourish Community are here to support you the whole way.

## How Nourish works

This Starter Guide is to introduce you to how it all works. Nourish itself will launch on Wednesday 14th March - yay!

Upon purchase, you will have created your log in details for yourself in order to access the private members-only website which you can log onto here

Nourish is your online resource to help you reach your goals and to heal without the overwhelm. From now on I am your online health coach to help you avoid all the confusion and find what works for you.

All the content will be online, via email, the member's website and our private Facebook page. Monthly resources will be released and emailed to you the first Wednesday of the month. And every month you will get:

- \* x2 meal plan with my recipes and other online recipes
- \* x2 shopping list to go with the above
- \* a monthly masterclass
- \* monthly theme and focus with resources attached.

And each season there will be a new seasonal recipe ebook with brand new recipes - Springs eBook is coming to you end of March (think slow cooker recipes, spring salads, soups and sorbets!)

All of these resources will be available on the member's site too.

There will also be BONUS challenges and program that I will run once every few months around specific issues that YOU need help with. Things like a sugar detox, green smoothie challenges, mindset makeovers etc.

Week to week in Nourish....

Each week I will hop on for a short Q&A session on Wednesday's at 12.30pm UK time. These will be recorded and you can catch up at any point and you can submit your questions prior to make sure I cover them in the call. Then throughout the week, there will be different themes and ways I am going to keep you accountable ;)

I will also send you emails every 2 weeks to keep you up to date and on track.

How to get started

It is super simple.

1. **Complete the Nourish Check In HERE.** This is so I can get to know you better and serve your best in the club.

2. **Read the Flourish eBook.** This really is the foundation of everything I talk about. It's a book I created for Flourish 6-week program - but you get it as a special BONUS. The book can be download via the order email you received upon purchase.

3. **Admin tasks to make life easier....** The email you purchased the Academy with is the one we will use, so please inform us if you have another preferred email address ASAP.

I highly recommend that you create a 'Nourish' folder in your inbox to save the emails and resources.

Also check your login details. Upon purchase, you will have created some log in details for the Nourish members only website. You can log in [here](#) but please note the members site will officially launch and be finished on Wednesday 14th March. You will be emailed when its all ready to go.

If you have any issues please email Jess at [info@supernaturallyhealthy.org](mailto:info@supernaturallyhealthy.org)

4. **Join the Nourish Facebook group!** Join the page by [clicking here](#) and please allow 2 business days for us to 'approve' you. But this is where ALL the fun begins!

Nourish Mantra's

I know that when you join something new you want to dive in and implement everything - all at once, within 24 hours. And that is ok! But I encourage you to read the ebook, nose round the member's site and get chatting on the Facebook page.

But I want to tell you something super important first, I want to share with you the Nourish Mantras. The values and principles that this club is based on

- \* **Small sustainable steps are sexy.** Real lasting results in your health and bodies come from creating a healthy LIFESTYLE. And we create effortlessly healthy lives not through just making big bold actions but by making small sustainable shifts consistently.
- \* **Progress, not perfection.** You will slip up and make mistakes. I can guarantee it. But that is 100% ok. The whole point of this is not so you can become some 'perfectly - smug - healthy' woman who is too paranoid to eat a slice of birthday cake - that is not the goal here. It's about ENJOYING your life and being healthy is the process.
- \* **Heal-thy Body.** While you will lose weight (if you have any to lose) if you following the principles, the primary focus is on healing the body. Healing your relationship with food. Healing your on-the-go stressed out mind and dinnertime stress.
- \* **No counting, tracking or weighing.** None of the recipes or meal plans have calories or macro-nutrient attached to them. This is about food freedom not following a formula. It's about listening to your unique body and giving it what it needs to heal and thrive.
- \* **Eat cake and chocolate AND vegetables.** Every month you will find a fun sweet treat recipe, an ice cream recipe or cookie recipe. Why? Because life without cake is sad.

So are you ready lovely? If you have any questions at all then simply pop into the Coaching Group [here](#) and either Jess (Community Manager) or myself will get back to you.

See you in there beautiful!!!

Kezia  
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Important links/info:

- \* Membership Site - [log in here](#)
- \* Nourish coaching group - [join it here](#)

\* Email Jess for any customer service - [info@supernaturallyhealthy.org](mailto:info@supernaturallyhealthy.org)