

# ***NOURISHING YOUR*** ***DIGESTIVE HEALTH***

Consultations, coaching calls, learning modules and experiential activities all via a telemedicine platform - Healthie™

Best value for your money!

This course provides coaching and tools to identify and implement the food and lifestyle habits that will heal and nurture your body!

## ***WHO IS THIS FOR?***

Anyone with GI distress that interferes with daily living or who has been diagnosed with IBS!

Do you have...  
IBS? Leaky gut?  
Celiac? Food Allergies? or Food Sensitivities?

## ***WHAT COMES WITH THIS PLAN?***

- 10-weeks of personalized, quick and easy meal plans!
- Meal plans include recipes, grocery lists, & prep guides!
- Access to digestive health resources: private FB group, webinars, IBS and FODMAP learning modules, experiential activities and more!

- Two 60-min. consultations
- Six 30-min. coaching calls!
- Four 15-min. discovery calls!

**Cost:  
\$999.00**

Your Nutrition Prescription: Designed by you to meet YOUR food, nutrition, health and lifestyle goals!

To sign up for an appointment, email us:

[info@christinaferrolinutrition.com](mailto:info@christinaferrolinutrition.com)

Face-to-face appointments at  
the VIP Center for Business Women at  
3755 N Washington Blvd, Indianapolis, IN 46205