

Quest for Good

DIGESTIVE HEALTH

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

Excellent value for your money!

This short course provides coaching and the tools for action. Make your food and lifestyle habits work for you to 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?

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

- One 60-min. consultation
- Two 30-min. coaching calls
- Two 15-min. discovery calls

**Cost:
\$399.00**

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

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