

Join the Whole Body Health Pilot Program

Launching 5 April – Open for sign-up **NOW!**

Early Bird Price: ~~\$795~~ **\$595**

14-Day Money-Back Guarantee

**LOSE WEIGHT. GAIN ENERGY.
TAKE BACK YOUR HEALTH.**



**Whole Body
Health**

BY



**nutrition
network**

**Sugar, carbs & processed foods are the
root cause of weight gain.**

It's time to break free – for good.

Science-Backed Simplicity | Whole Body Focus | Community & Personal Empowerment

Whole Body Health is a 12-week, low-carb weight loss and wellness program designed to help you reset your metabolism, balance your hormones, and build habits that last.

- ▶ Low-carb nutrition that works
- ▶ Expert coaching from dietitians & health professionals
- ▶ Exercise, sleep & mindset for whole-body wellness
- ▶ Supportive community for accountability & lasting change

This isn't another diet. It's a proven, science-backed approach – taught to over 10,000 healthcare professionals, now available to you.

**Ditch the sugar. Take control. Feel amazing.
Join now & start your transformation!**



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Have you ever thought...

“Why do I keep struggling with my weight and energy?”

“I’ve tried everything, and nothing works.”

“I want to feel in control of my health, but I don’t know where to start.”

Then Whole Body Health is for YOU!

Why Whole Body Health?

Struggling with diets that don't last?

Whole Body Health goes beyond weight loss to transform your relationship with food and health – for life.

Tired of quick fixes? Learn the science of sustainable weight loss and take control of your metabolism with expert guidance.

Frustrated by recurring health issues? We tackle the root causes of weight gain, fatigue, and imbalance – not just the symptoms.

Stuck in the yo-yo diet cycle? Break free with evidence-based strategies designed for lasting results.

Confused by conflicting health advice? Gain clear, trustworthy education to take charge of your health with confidence.

The Benefit to you

- ▶ **Weight loss**
- ▶ **Mental clarity**
- ▶ **Manage blood sugar**
- ▶ **Balance hormones**
- ▶ **Improved mood**
- ▶ **Boost metabolism**
- ▶ **Improve gut health**
- ▶ **No restrictive diets**
- ▶ **Community & peer support**
- ▶ **Expert guidance**



Program Features



A Holistic Solution:

Overcome long-term health challenges by addressing every pillar of health - nutrition, movement, sleep, mindset, community, and relationships.



Interactive & Supportive:

Engage in weekly check-ins, live Q&As, goal-setting, and a private community platform for peer support, accountability, and lifelong connections.



Expert-Led & Science-Based:

Gain access to top practitioners and cutting-edge research in metabolic health and low-carb nutrition.



Personal Empowerment:

Develop practical, sustainable habits for real, lasting change.



What you get

- ▶ 200+ Hours of Content
- ▶ 12+Hours of Live Interaction
- ▶ Meal Plans & Recipes
- ▶ Downloadable Resources
- ▶ Expert Q&As & Live Support
- ▶ Lifetime Access to the Community Platform

The *Whole Body Health Approach*

- ▶ **Science-Backed Simplicity** – Clear, evidence-based education that empowers you to take charge of your health.
- ▶ **Whole Body Focus** – Address every pillar of health, including diet, movement, sleep, mindset, and relationships.
- ▶ **Community & Personal Empowerment** – A supportive network of experts and peers to guide you every step of the way.

Curriculum Overview

- ▶ **Weeks 0-1: Building Your Foundation**
Set yourself up for success with sustainable goal setting and defining your 'Why.' A strong foundation is key to long-term health.
- ▶ **Weeks 2-3: Nutrition Fundamentals**
Learn the essentials of macronutrients, micronutrients, food labels, and meal planning—because what you eat shapes your health.
- ▶ **Weeks 4-6: Personalizing Your Diet**
Dive deeper into advanced strategies like intermittent fasting, diet adjustments, and overcoming food addiction to find what works for you.
- ▶ **Weeks 7-9: Movement, Sleep & Mindset**
Explore how physical activity, quality sleep, and a strong mind-body connection play a crucial role in overall well-being.
- ▶ **Weeks 10-12: Long-Term Success & Ancestral Health**
Refine your approach with sustainability in mind, reconnect with ancestral wisdom, and build lasting habits for lifelong wellness.



TESTIMONIAL

"I follow a low-carb lifestyle because it has transformed my health in ways I never expected. My severe asthma, once requiring constant medication, has dramatically improved. My brain fog and depression, linked to Hashimoto's, have lifted, and I feel mentally sharper. After years of chronic pain from a hip replacement and autoimmune issues, cutting sugar has eased inflammation, leaving me pain-free and full of energy. For me, the choice is simple – nothing tastes as good as feeling healthy and strong!" – Alison Aldred, a Nutrition Network Practitioner

Meet Your Team

Led by [Nutrition Network](#) dietitians and coaches, and guided by physicians, this program provides **trustworthy, practical** guidance for your journey to better health.

Kelsey's story & vision for Whole Body Health

After years of struggling with severe eating disorders and anxiety, I spent decades searching for real health - only to be failed by the standard of care. It wasn't until 2018, when a health coach introduced me to a simple dietary change, that everything shifted. My brain switched back on, and for the first time, I truly felt alive.

This experience led me to a deeper understanding: most modern health issues - whether metabolic disease, mental health struggles, or hormonal imbalances - stem from our daily choices: what we eat, how we sleep, move, manage stress, and connect with others. Yet, navigating health in a world flooded with conflicting information is overwhelming.

That's why we created Whole Body Health - the program I wish had existed 20 years ago. It's a science-backed, medically supported journey that helps you take control of your health, guided by expert practitioners. By shifting from reactive "sick care" to proactive health, you can reclaim your vitality, balance, and well-being - just as I did.



Kelsey Buchalter
Program Manager & Content Creator



Tamzyn Murphy, RD
Lead Dietician & curriculum creator



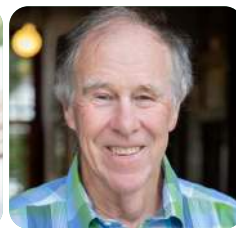
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Launching 5 April 2025... Take Control of Your Health Today, Sign Up Now!

Contact us for supported placements or developing country rates:

wholebodyhealth@nutrition-network.org