

Old Soul Nutrition

5 MONTH 1:1 PROGRAM

Hello! My name is Samantha Crawford. I am a Nutritional Therapy Practitioner, Chef, aspiring homesteader, and believer. I'm grateful to have the opportunity to share my program with you, so let's dive deeper into everything you need to know because

My friend, I can help you.

Nutritional Therapy is used as a holistic tool to address your most pertinent health concerns using nutrient dense whole foods, nourishing lifestyle practices, and positive mindset shifts.

I believe your body is resilient and resourceful.

Your body is constantly working to support you and create a comfortable shelter.

Your pursuit for health should not feel overwhelming or exhausting.

I help mid-age folks produce significant improvements to their overall health in a few short months from things that have been bothering them for years. We work together to help you become fully nourished, rested, reduce aches & pains, get back your digestion, and stabilize your moods.

This program is more than simply becoming 'healthy'. It's about optimizing your health. Think of it like health class on steroids and it's tailored to your specific needs and concerns. Deepening your knowledge of exactly how your anatomy and physiology function and what tools (food, clean water, pure air, time in nature) you can use to live a higher quality life.

Results my clients have noted

- regular, daily, comfortable digestion and bowel movements
- improved body image, how they view themselves, & talk to themselves
- improved blood markers, cholesterol & triglyceride levels
- less acne and improved skin tone, color, and texture
- significant less headaches and migraines
- a stronger, healthier, fuller head of hair
- balanced hormones (digestion hormones, estrogen, cortisol, insulin, progesterone, etc)
- they can tolerate foods that once irritated their gut
- consistent & regular periods that are no longer painful, proper ovulation

- can easily fall asleep at night, stay asleep, and wake feeling rested and joyful
- decreased anxiety, depression symptoms lessen & they know how to support their body when they're feeling overwhelmed and stressed out
- decreased sugar cravings
- feeling in control around food, less emotional & stress eating

Nutritional Therapy is so effective because I take a bio-individual approach towards each client. Your protocol will be completely different than any other client, because your concerns, needs, health history, and physiology is unique to you...as should be your approach to health.



- **HTMA test & analysis** (\$299 value)- this functional lab, Hair Tissue Mineral Analysis, tests for mineral patterns, ratios, and heavy metals in the body. Minerals are the spark plugs for our body. They contribute greatly to energy production in our cells and our cells are the building blocks for our tissues, organs, and organ systems. I use this test to get a better picture of your body's stress response, gut health, thyroid function, & metabolism status.
- **Initial Interview Questionnaire**- a comprehensive overview of your health history from birth, childhood, past generations, and your current season of health.
- **3 Day Food & Mood Journal**- you'll track your food, drinks, bowel movements, energy, mood, & daily movement.
- **NAQ Analysis**- 320 multiple choice questionnaire focusing on your body's current signs & symptoms. (initial interview, food & mood journal & NAQ combined value \$150)
- **Custom, bio-individual protocol** (\$200 value)- with nutrition, lifestyle practices, & professional therapeutic grade supplements. Supplements are optional, but highly recommended. Because every client's needs are different, their supplement recommendations will be too. This is why supplements are not included in the program price.
- **8 Zoom Coaching Sessions** (\$800 value)- track progress, set goals, education, & accountability check-ins.
- **Endless support** via email & online portal messaging.

- **Educational Materials** (\$60 value)- you'll get my 40+ page workbook and multiple digital materials to help with meal planning, budgeting, and grocery shopping. This program is about you, not me! I tailor everything to each clients health concerns and goals.
- **Meal Plan** (\$50 value)- custom to your likes/dislikes of food, lifestyle, cooking preferences. I help you find ways to eat more food that makes you feel great & food you love, not more food you dislike.



Topics of Focus in the 5 Month 1:1 Program

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| <ul style="list-style-type: none"> • Nutritional foundations (digestion, blood sugar balance, essential fatty acids, & hydration) • Initial protocol recommendations based on your current health concerns • Establishing consistent, long lasting habits • Creating a healthy relationship with food & your body | <ul style="list-style-type: none"> • Sleep, stress, detox, & mineral balance • Nervous system regulation • Pro-metabolic lifestyle • Lowering your toxin burden • Protocol additions & fine-tuning based on your progress |
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The Program Investment: \$1,600 +supplements/detox materials

Payment Option #1: You can pay the full program amount of \$1,600 (a value of \$80 per week)

Payment Option #2: You can pay in 5 monthly installments of \$320

I collect payment through Check or Venmo.

Checks can be made out to Old Soul Nutrition.

My Venmo is @osnlc

My friend , you are worth this investment.

The day you make your transaction is the day your transformation begins. I will send you your onboarding paperwork and you begin that day!

Here's what past clients have to say..

<p>"I have been a client of Sam's, for a period of 4 months. What I have learned in that time has totally opened my eyes to the foods I eat, to the failure of our government to regulate what is allowed to be added to our food, & just how I need to really educate myself on Nutrition, and Living a better life."</p> <p>-Denise W.</p>	<p>"My general mood day to day is more upbeat. I see food has medicinal side that effects me far more profoundly than I previously thought....My sparkle that had once died is dormant no more."</p> <p>-Anonymous</p>	<p>"The knowledge and changes that you have taught and helped make with me can be not only applied for myself, but also for my family unit as a whole. It has helped all of us in more ways than you know. I am so grateful you came into my life."</p> <p>-Chris G.</p>
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Your health is worth it.

You deserve to feel good NOW.

My friend , I can help you.

