



# Rejuvenation & Weight Management Program

## Course Outline & Investment



**Improved health, Weight loss and lifetime management as well as a new sense of wellbeing are typical outcomes of this programme. However, they cannot be guaranteed.**

**We are all individual in our commitment and health and lifestyle challenges.**

**Should you decide to embark on this life style change you are doing so of your own free will with informed consent.**

## **STAGE 1 – Week 1**

- 1. First Consultation Assessment**
- 2. Join the Private Facebook Group**
- 3. Sanum Blood Examination**
- 4. Prescription of Nutritionals**
  - a. W8Biotic
  - b. HydroCell
  - c. Volcomin Forte
  - d. Ultimate Greens
  - e. Mg Optima-Relax
- 5. Five Day Fast**
  - a. Daily Support if required**
  - b. Support Materials**
- 6. Pantry Cleanout and Restock**
- 7. Breaking Your Fast**

## **STAGE 2 – Week 2-3**

### **1. Brief Consultation Assessment**

**This can be via telephone or skype**

### **2. Meal Plans and guidance**

### **3. How to read food labels**

### **4. Maintaining your new weight**

### **5. Prescription of Nutritionals**

- a. Continue with as above
- b. Anything additional as required

## **STAGE 3 – Week 4-7**

### **1. Third Consultation Assessment**

### **2. Second Sanum Blood Assessment**

### **3. Introduction of Fermented products**

- a. Supply of culture where possible
- b. Information on how to care for your cultures

### **4. Prescription of Nutritionals and Medicines**

- a. Your Personal Prescription of Sanum Products
- b. Continuance of Initial products as required
- c. Introduction of Bile Cleanse Product

## **FINAL STAGE – Week 8-12**

- 1. Make your last consultation of the program in week 12 for your final assessment.**
- 2. Prescription of any medicines required**

# **Rejuvenation & Weight Management Program Investment**

**Four Naturopathic Consultations**

**Admission to Private Facebook Group**

**Support Materials**

**2 Sanum Blood Assessments**

**Professional Support from Shamarie via email and FB group and SMS**

**Total Service Fee Cost \$1,200.00**

**Nutritional Support – Additional Cost**

**Stage 1 \$200-250**

**Stage 2 \$** Depends on what needs topping up

**Stage 3 \$200-300**

**Final Stage \$** Depends on your individual health needs

**Your Initial payment will be \$1,200.00 plus Stage 1  
Nutritional Support**

If you have Private Health Insurance that covers naturopathic consultations you will be able obtain a rebate for three of your consultation when you have them. Receipts for consultation will be given at time of consultation and not upon your initial program payment is made.