



E-group Invitation

It is a pleasure to welcome you to the email group for my clients. While you get one-on-one support from me during our sessions, you also have 24-hour access to online support and contact with the other current and past clients enrolled in my program. This email group is a powerful and exciting way to be actively involved with the program and peer clients, and to get support around the major, upcoming positive changes in your health and lifestyle. You can use this email group to:

1. Ask questions about the program and your progress.
2. Discuss your thoughts about the books, tapes, handouts and cooking experiments that you receive at your sessions.
3. Create community with the diverse, incredible group of clients involved in the program. It is one of the most enriching aspects of this process.

To send an email to the entire group, the address is:

I am here for you 100%, with the intention that this program will powerfully change the course of your future. For that to happen, you must also be with me 100%. Please use this group, as it is an incredible tool available to you throughout the duration of the program and beyond. It will be tremendously beneficial for you to be comfortable with sharing your thoughts and concerns now.

If you have questions or concerns about the e-group, please email me:

Congratulations again on enrolling in this program. You are in for an exciting and powerful six months of your life!