



## New Healthy Lifestyle Courses

### Begin Feeling Your Best, Today!

We are very excited to announce our new healthy lifestyle nutrition courses! These courses are all online and taught by our very own [Dr. Fawn Shaffer](#). Check out our new courses below, watch the introduction videos and webinars, and sign up to begin feeling your best!



#### WHOLE30

See how much your health can improve in just 30 days simply by changing the foods you put on your plate! No weighing or measuring or counting calories – eat as much as you want of the nutritious, real foods that will rejuvenate your body throughout the program. [Learn more](#)

START TODAY!



#### CHIROTHIN

Lose 20-35 pounds in just 6 weeks! No shakes, pills or pre-packaged foods required. Boost your metabolism, decrease inflammation and get a great jumpstart on your health goals! [Learn more](#)

START TODAY!

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