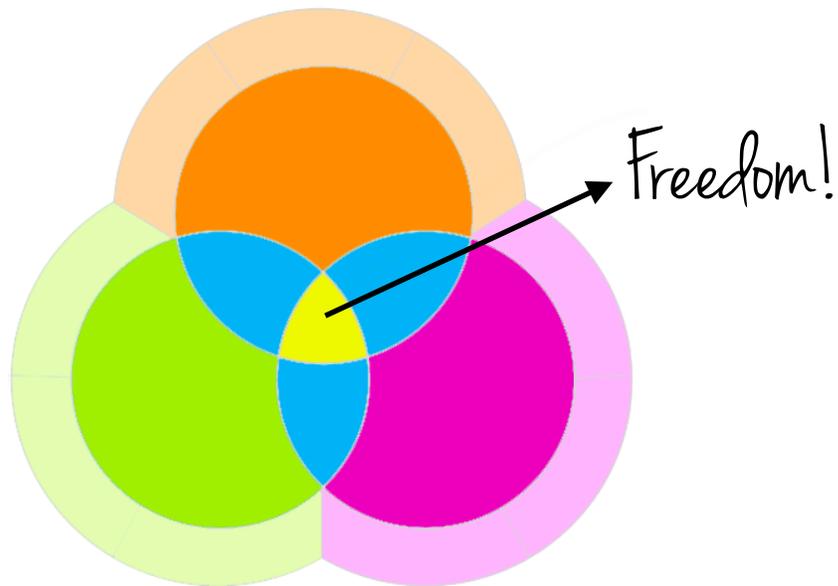


# The 9 Autoimmune Freedom Activators



nourish heal your body mind + soul



## COMPLETE HEALING & TOTAL FREEDOM

Stopping the progression of disease. Reversing symptoms. Breaking free from the lack of clarity, the loss of control, and the nagging fear that you've been living with for the past several years....

***That's*** freedom.

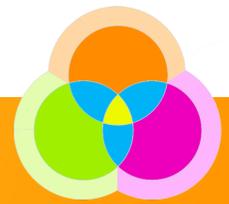
- ✔ When you understand **why** your body is behaving the way it is.
- ✔ You learn **how** to give it what it needs.
- ✔ And you **feel** aligned with your customized path to heal...

You have ***freedom***.

In these pages, we will explain the 9 Autoimmune Freedom Activators, so you too can discover what it takes to get in action, and find your unique path to complete your healing puzzle.

And, as a bonus... at the end of this document, we also decided to include what specific pieces are involved in the **Nourish Model of Total Freedom**, so you better understand what pieces have been missing in your puzzle and why you haven't gotten the results you've been looking for...

Take a deep breath. Your freedom awaits!



# 1

## WHY THIS? WHY NOW?

You may have been searching for awhile for an answer to your health challenges or you've just started your journey. But, when you really think about it, if you're like most people we work with, you've probably been dealing with symptoms or red flags for many, many years.

Think back to your first symptom. Was it painful menstrual cycles, acne, digestive issues, headaches, mood swings, or lack of energy...? Did they start 10, 20, even 30 years ago?

Have you noticed an increase in symptoms, or in the frequency or intensity of those symptoms in the past 6-12 months? Or have you had to increase your medication or supplements just to stay at the same place?

If so, that's your body's way of screaming out that it's in trouble and it needs help. And what it desperately wants to know is:

- 🔍 When will I feel relief?
- 🔍 When will you pay attention to me in the way that I need?
- 🔍 When will it be my time to heal?

### So the question remains:

*Are you ready, right now, to make your health your most important focus? Or will it still be pushed to the side behind your job, your family, your husband's needs, a new hot water heater, or the nagging fear that you're not worth it?*

Your body is trying to tell you that it **needs help**. And it needs it now.

Your belief that you need to "suck it up" and "muscle through" the pain... the fatigue... the mid-section weight gain... the embarrassing bloating... the uncomfortable gas... the hair loss... the anxiety... the foggy brain...

It isn't ok. It's not fair. You deserve better.

Claim yourself and your health. Now.

***If not now... then when?*** What new symptoms or diagnosis will be bad enough for you to finally act?

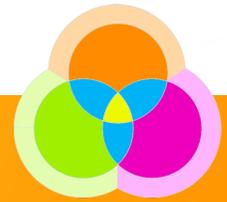
Imagine how much better life would be with clear thoughts, a healthy gut, ease of movement, a calm mind, and energy to not only get you through your daily tasks, but enough energy to do the things you enjoy!

Life will always get in the way if you allow it.

And you are the only one who has the power to claim your health. So, isn't **now** the best time to take the first step to getting your YOU back?

# 2

## KNOW YOU WERE DESIGNED TO HEAL



The body is an amazing creation.

It was designed to constantly strive for homeostasis (overall balance) - emotionally, mentally, and physically - and the body will make adjustments to achieve that balance whenever it's needed.

As part of that process, the body ultimately has the ability to heal. It just needs the right tools and support.

Our cells, tissues, bones... they can all heal *naturally*.

If this were not true, then any time you cut yourself, you would be left with that gaping cut forever. But of course, that's not the case, and your body mends itself - usually so well, you can't even tell there was ever damage in the first place.

The ability to heal is also true for the rest of your body as well.

So, just because you've been "diagnosed" with something, doesn't mean you should give up or that you cannot heal from the damage that was done. This applies for physical, mental, and emotional damage, too.

In order to heal, however, you have to change the things that caused that damage in the first place.

So, if you cut yourself, and then the next day, you cut yourself again, and the next day, you cut yourself again... and again... and again... and continue to cut yourself, over and over in the same place, the cut will not heal and will absolutely get worse.

Without realizing it, we often "cut" ourselves over and over through poor diet, harmful medications, destructive thoughts, trauma, and increased levels of stress. These things cause inflammation, cell damage, and the destruction of tissue... which leads to symptoms... organ damage... disease... anxiety... and more problems.

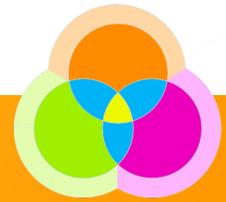
Given the right support, the body can heal from nearly any disease.

The crucial component to healing lies in **identifying and stopping** the specific originating inflammatory factors which caused the damage in the first place.

Ultimately... **the body knows how to heal**... but first, you have to stop what's causing the harm in the first place.

# 3

## UNDERSTAND HOW IDENTITY AND BELIEF DRIVE HEALTH



How you see yourself (your self image or personal identity), is more important to healing than following the “perfect diet” or finding the “perfect supplement.”

Every day, we talk to women (and some men) who say they are desperate for a solution to heal. They say they can no longer continue living day-to-day with their fatigue, foggy brain, mid-section weight gain, pain, anxiety, or digestive distress.

They cry and tell stories of not living fully because they are unable to engage completely with their families, co-workers, and friends due to their symptoms.

They cancel plans because they are afraid they won't feel well enough. They've left jobs because they cannot handle the day-to-day pressures and physical demands, and they begin to lose hope that they will ever get better.

Sadly, many of these women and men are also unable to claim their health and step up for themselves because of fear, loss of belief, or lack of self love.

For example, Charlotte, a 42-year-old mother of five, was in tears when she explained how bad her Hashimoto's symptoms were getting. They were getting so bad, in fact, she said that she feared that she may die. She said she didn't want to leave her children motherless and that she was willing to do what it took to get well. She knew it wasn't necessarily going to be easy to make some of the lifestyle changes, but she was excited for the opportunity to heal and was ready to get her life back!

But when we discussed investing \$3,000 in her healing, she said: “My husband would never let me spend that on my health!”

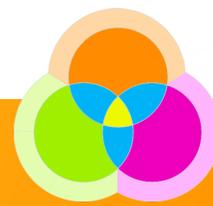
And then her mother, who was part of the conversation from the beginning, turned and said, “But he would spend that much and MORE for another gun for his collection!”

Charlotte stammered and said, “Yes, but he's former military and *needs* his guns.”

All of Charlotte's excitement drained out of her. And she dug her heels in on her belief that her health was worth less than another gun.

### **Self-worth and belief are directly tied to disease.**

Studies show that negative self worth will actually push its way into the cells and tissues of the body and will become physically and mentally part of identity. If the body believes it's “less than,” it won't have the ability to fight back and obtain balance. And disease will win out.



# 4

## CARVE OUT TIME FOR YOUR HEALING

At every stage of your healing, how you use your time is a huge determinant of how well, and how quickly, you will heal.

If you continue to put everyone else's needs before you own, and only spend time on your healing when you have time "left over," then your results will be minimal.

Continuing to push off your healing until you "find time" ultimately tells the body that you're not taking it's seriously, and that it's not important.

Every single symptom you have, including all the "diagnoses," are simply ways your body has been trying to communicate with you.

Procrastinating making time for your healing, translates to: **"I'm not worth it."**

The body doesn't like to be ignored. And it will continue to throw symptoms, damage, and diseases at you until it finds one that will get your attention.

You don't want that.



## KNOW THAT HEALING ISN'T ABOUT HOW HARD YOU'VE RESEARCHED OR HOW SMART YOU ARE



If you could have figured this out by now, you would have done it already.

In no way is that saying that you're not smart enough or that you haven't tried hard enough. And it's not saying that the pieces of the puzzle aren't all out there ... somewhere.

But, **the complete puzzle**, spelling out the path designed just for you, isn't just sitting there screaming your name. It needs to be created, molded, and put together...

...**just for you.**

So, take a deep breath... and let go of the following thoughts:

- 🍏 "If I give in, and ask for help, and don't figure this out on my own, that means I've failed."
- 🍏 "If I spend money to help myself find the right path, then I'm taking valuable resources away from my family."
- 🍏 "It's not that bad yet, so I'll keep trying to figure it out until it gets worse."
- 🍏 "I shouldn't spend money to reach my health goals, because there are more important things than my health, so I have to keep trying to figure it out alone."
- 🍏 "Maybe if I look in one more place, read one more free blog, try one more blanket-approach-diet... then maybe I'll figure it out."

If you talk to people who have healed from autoimmune issues and stayed healthy long term, you'll discover, there are two important reasons they achieved success:

1. Because they **value** their health and they put time, money, and resources towards getting and staying healthy.
2. Because they hire others to partner with them on their healing journey, who have more information and experience than they do, to get them where they want to go - **faster and more effectively** - so they hit fewer roadblocks and don't waste resources or money meandering along.



## THE BROKEN HEALTHCARE SYSTEM DOESN'T HAVE THE ANSWER YOU NEED



The United States recently won, for the FIFTH year in a row, the pathetic designation of having the WORST health care system among industrialized nations by the Commonwealth Fund due to poor outcomes, despite spending the most amount of money.

So, if you continue to seek help from traditional medical doctors, trained only to look for a diagnosis and prescribe medications based on that diagnosis, then you are going to stay on the hamster wheel of symptoms, illness, and disease.

You don't need a diagnosis, what you need is the answer to one simple, one-word question: **Why?**

- ✔ **Why** is this happening to me?
- ✔ **Why** is my body reacting like this?
- ✔ **Why** do I have these symptoms?
- ✔ **Why** am I not getting better, despite efforts?
- ✔ **Why** can't my body heal?
- ✔ **Why** is the only answer medication?
- ✔ **Why** don't my doctors have acceptable answers to my questions?

And I'll give you a hint: the answers are NOT:

- ⚠ "Because you are destined for disease."
- ⚠ "Because it's genetic." (Genetics play a SMALL role in disease. Environment plays a GIANT role in influencing genetics. If genetics were the only answer, then everyone who has a parent with a disease would always get that disease. Which obviously isn't the case.)

**Break free of traditional healthcare** and get solution that works for you and doesn't keep you stuck in a system that doesn't support (or even understand) complete healing.

# 7

## THE PATH TO HEALING ISN'T A STRAIGHT LINE



Often, people become discouraged when they finally find a path to healing, because they question the path and assume it's supposed to be a straight line.

It is not.

In fact, the line often dips, plateaus, spikes, wanes, and leaps forward as you hit new levels of healing. And with each new level, there are often questions, new challenges, and new “muscles” to be built to sustain the new shifts physically, mentally, and emotionally.

Even though the line doesn't always go straight up, it needs to continually move forward in order to reach **total healing**.

When you follow a plan not designed for you, the line can often go up in the beginning, giving you false hope, but then it will bottom out as you hit unanticipated roadblocks non-custom plans don't anticipate, because it wasn't designed for your specific needs.

When you **follow a plan that was designed for you**, it will flex and adjust as you get stronger and learn how to change your mindset, eliminate physical toxins, and grow. But if you are still expecting that everything is going to be good every single day, and do not anticipate challenges, then you may fall off the line altogether.

The body was designed to compound whatever it is most familiar with mentally, emotionally, and physically. For example, if your mind is set in the idea that you are sick and cannot heal... then your body will believe that, and be more susceptible to illness. Or, if you currently have a bacterial imbalance in the gut that is not being addressed, then the body will compound that imbalance and keep you spinning off track.

But, if your body sees that you are (finally) paying attention, you are addressing it's needs, and you are listening to its cries for help... then it will begin to let go of the things that are not serving it, and **compound your healing**. The more familiar the body becomes with the things that are helping it heal, the more it will do those things, propelling you up the healing path faster and more easily.

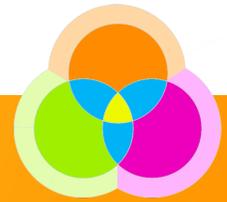
This is what we call “Exponential Compounded Healing.”

So, even though the line doesn't always feel straight as you heal, when you have a plan designed for you with the right support, you will continue to consistently move forward. And as you move forward, the body will begin to learn and understand what it needs to do to stay on the path, compound what serves it, and eliminate or move past the things that don't.

And **that's** how you reach long term, total healing.



## GET THE RIGHT SUPPORT. TRUE HEALING CANNOT BE DONE ALONE.



Find a practitioner who is already where you want to be and understands what you're going through. If you could have stopped the progression of your disease, turned your symptoms around, and healed... you would have done so already.

To **accelerate your results**, and stop further damage, you will need to get guidance and support from knowledgeable practitioners who *understand*.

It's nearly impossible to give yourself a very good haircut - even if you're a brilliant hair dresser. You need perspective - which is difficult to have when it's your head of hair.

And, since chances are likely that cutting hair is not your trained profession, it's probably not the thing you do for 9 hours a day, 5 days a week, and have been doing for 15 years.

And if you're not trained to do it, and your perspective is skewed, it's difficult to see your own blind spots and anticipate problems you've never experienced.

You get a good haircut when you reach out to a professional and you get an exceptional, stunning new look when you work with the best in their field.

If you were to require a brain surgery, this would not be the moment to reach out to a general practitioner or even worse, to a friend who is starting medical school. No.

A serious situation requires guidance from an exceptional expert who knows what they're doing and who does this successfully all day long. The same is true for getting help to heal your body.

This is what I discovered for myself. When I first started having symptoms from Celiac Disease (and later Hashimoto's), I followed the traditional methods. I saw the traditional doctors and "specialists." I did the labs. I took the meds. And... even after my diagnosis, I got worse.

Then, because I wasn't getting anywhere with traditional medicine, I decided to try a combination of trying to do it on my own, along with seeing some naturopathic and functional medicine doctors.

And I started researching... and researching... and researching....

And spending money on more labs, tons of supplements, and alternative treatments.

I've followed tons of diets from vegan, raw, paleo, autoimmune paleo, low histamine, low latex, FODMAP, and so many others.

I've done acupuncture, chiropractic adjustments, biofeedback, food sensitivity testing, frequency specific microcurrent, nutrient testing, heavy metal testing, hormone replacement, massage, cupping, yoga....



There was so much more, and it's exhausting to think of how much time, effort, and money I spent trying to find a solution, but only finding fractured pieces.

And since I was spending the money in small chunks and segments, I didn't realize how much I was spending.

I was bleeding money all over the place. There was \$20 here and \$30 there for co-pays. \$375 for nutrient testing that my insurance didn't cover. \$580 for the hormone testing, that my insurance wouldn't cover. \$400 for a first-time visit to a new naturopath and \$150 for each additional office visit, that my insurance wouldn't cover. \$42 for a new supplement here and \$75 for another supplement. And eventually I was regularly spending \$250 a month and more for supplements.

I didn't really mind digging into my pockets to pay for labs, or visits that my insurance wouldn't cover. What upset me was that I didn't really see the results I had been hoping for.

My food sensitivities seemed to be getting worse, the embarrassing digestive issues continued along with my terribly painful cystic acne.

A new rash suddenly appeared that no one could identify and my migraines still appeared "for no reason."

I couldn't lose weight no matter how hard I worked out and how perfectly I ate. (Oh and then when I DID finally lose weight, I lost so much, so fast that people began hinting (not so subtly) that they were worried I had an eating disorder. Then I couldn't get it to balance out. Grrrr.)

So after several years of suffering, researching (oh so much researching), seeing both traditional and natural doctors... I was about \$25K in the hole (some of which I had to borrow from my family), and I felt like I really had nothing to show for it but a cabinet full of partially used supplements and herbs. And I had picked up a SECOND autoimmune disease (Hashimoto's) in the process. Fantastic.

This is when I went back to school for nutrition, closed my consulting company, and opened a gluten-free restaurant in Arizona.

I didn't know what I didn't know about healing, and I certainly did not know how to heal from a complex issue such as autoimmune disease. Of course, to make it more fun, I now had to heal from **two** autoimmune issues and was terrified there was another one (or two) waiting in the wings.

What I also didn't realize then was, with each new level of discovery on why this was happening to me or what the symptoms meant, there was another **hidden level of healing**.

And what I finally discovered is that the practitioners I had been seeing, didn't understand those levels either because, though some may have been "experts" in a particular part of the body (endocrinologist, cardiologist, gastro-internist, etc.), none of them were **experts in total healing for someone with autoimmune disease**.

Not one of them understood how to help me heal... **fully**.



You're smart. If you could have healed on your own already, or healed with the practitioners you have been working with, then you would have done it already. And it takes a strong character like yours to be able to vulnerably admit that **you don't know what you don't know**. Or to go against the advice of doctors who have lead you down the wrong path, but were supposed to have the answers.

Here's my advice:

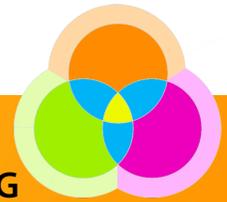
- ✔ Dig deep inside yourself and be truthful... do you believe you are going to get better following the path you are currently on?
- ✔ Seek out a practitioner who **understands** what you're dealing with, has had to travel their own healing path, and now lives the healthy life that you are striving towards. (Someone who can show you the ropes and help you avoid the pitfalls so you can leverage their many years of real-life experience and mastery.)
- ✔ Watch videos and testimonials to get a feel for whether you will get results.
- ✔ Then, take the leap of faith and hire them to partner with you to create, and guide you through, your unique healing path.
- ✔ Follow their advice of, "I've been where you are and now I'm on the other side of it. Do this, not that."
- ✔ Follow the steps and processes they've created that have already worked and been vetted by hundreds and hundreds of other people like you (without overthinking it too much).
- ✔ Borrow their belief and experience in healing until you fully believe it yourself.
- ✔ Then go all-in on your health and follow their advice. I would have given anything for a clear path on what I specifically had to do to heal for me. But sadly, there was nothing out there like that when I was struggling. That's why Anthony and I both went back to school, and created the **Nourish Autoimmune Freedom Program** for the masses of people with autoimmune disease and related symptoms so they could get all the unique pieces they needed to heal.

This is a proven approach. If you resonate with me and what you're reading here, perhaps we should talk.

You can watch this video invitation from me (click here: [www.nourish123.com/invite](http://www.nourish123.com/invite)) to set up an exploratory call about what it would be like to join the Nourish Autoimmune Freedom program yourself. This strategy call is free. (We are here to listen deeply about your health challenges, where you'd like to be in 3 - 12 months, and we'll help you map out a plan for getting there, whether it involves us or not. We are happy to help either way.)



## SURROUND YOURSELF WITH OTHERS WHO ARE HEALING AND HAVE HEALED FROM THEIR SYMPTOMS AND DISEASE



The majority of people who have autoimmune disease are smart women who have always been the kind of woman to “get things done.” But it’s this “do it” attitude that often gets them in trouble because they ignore the signs their body has been giving them (sometimes for many many years) and push through when they needed another approach.

This then causes mental, emotional, and physical inflammation, which leads to symptoms, damage, and disease. And often, this causes isolation, fear, anxiety, and pain... with no real answers on how to undo the issues and patterns that got them there in the first place.

In a tribe of other **total healing** focused people, with built in support and accountability structures, you not only get the personalized answers you’ve been searching for on what caused these issues in the first place, you get there faster and more effectively than you ever would on your own.

So, for all of the research you’ve been doing on your own, alone, without true expert support and guidance, you may have in fact compounded the core reasons why you have symptoms, and added fuel to the fire by increasing harmful, inflammatory stress.

This creates two problems for people with autoimmune conditions and related symptoms:

1. The first problem is **isolation**. Humans are naturally wired for connection and relationship. There is a primal need to be part of a “tribe” as part of our survival instinct. Whenever we feel alone, outcast, or separate from our tribe, it causes anxiety and fear in the primal part of the brain. This causes us to question ourselves, worry about our future, and fear survival. This is why so many people with autoimmune disease describe their biggest goal as “to feel normal.” The more isolated or alone people feel, the further they get from healing. Being part of a tribe of others on a similar mission to heal can help fulfill this primal need and propel your healing journey even faster.
2. The second problem is a **lack of expert support**. Following blanket advice not designed for you or from people who do not understand or do not have expertise in autoimmune healing can keep you stuck exactly where you are now, and will prevent your growth. Or, it can make things worse. You need support that is tailored to you when you need it. Help that you don’t have to wait weeks to get and is available to you right away.

**About isolation:** Do you sometimes feel alone, too? Like you’re the only one pushing the boulder up the mountain on your own? Are you like the rest of us in that you sometimes feel isolated in your solo mission to heal? It doesn’t have to be that way. And if you want to heal fully, then you need support from experts who understand and a tribe who gets you, accepts you, and can help you heal... fully.



Surround yourself with other people who have healed and are on the healing path. Especially if you want the confidence that you are on the right path, and you want to get there faster and more effectively than you would have on your own.

If you feel like you're all over the place, going from one idea of how to heal to the next, without clear direction and a real custom plan, then you are like 95% of the people we meet who are trying to feel better.

In a situation where you feel like you only have yourself to rely on, unsure if you're actually making the right move, this can be disastrous to your health and lead to more symptoms, more stress, more inflammation, and more disease.

One of our clients, Leslie, a 40-yr-old mother of two, revealed at our **Autoimmune Freedom Conference** (click [www.nourish123.com/CON](http://www.nourish123.com/CON) for more details) recently that before she met with Nourish for the first time she asked her husband to increase her life insurance policy because she was confident based on her symptoms and research, that she was going to die soon.

A few days later, Leslie made a strategy call appointment to meet with us.

She said, "I didn't tell you this when we first met, but I didn't have the money readily available to work with you, but I knew that I needed a custom plan and support to guide me and I felt confident that Nourish had those pieces. I borrowed from my retirement savings to invest in myself and this program because I knew if I didn't, then I wouldn't have a future."

You can watch her full moving testimony here (click [www.nourish123.com/success](http://www.nourish123.com/success)).

The fact is, when you have the right plan and expert support, and you align yourself with a community of like-minded people who all have a common goal to heal, there is extra motivation to keep going, even when it feels difficult, and you reach your goals so much faster and more easily.

It's really hard on your own, and it's 10 times easier when you have people who see the best in you, who understand what you're going through, and who fiercely believe in you. It changes everything.

You don't just feel "boosted" by having expert coaches and being in a community, you also get the answers you need faster than trying to figure it out on your own. You go from taking two days to research something on your own (often with unclear answers), to getting your answer in 10 minutes because you've used the understanding support available to you. Within minutes, you get what you need. All your questions get answered. Your fear dissipates. You gain clarity and confidence. And that's when you propel your healing forward dramatically, and feel better faster. (Sometimes, almost immediately because the confusion and fear that holds many of us trapped in our symptoms... subsides.)

**About Expert Support:**

When you feel like you've asked for help in the past and did not get the results you were looking for, it can be incredibly discouraging, which hurts your chances of healing. This often leads to fear, loss of hope, shame, and self-blame - all of which are major contributors to triggering or even causing symptoms and disease.

So, if you seek help from practitioners or people who are not experts in helping people *heal*, then of course, you are going to fail.

There are many "specialists" out there on isolated areas of the body - endocrinologists, cardiologists, orthopedists, etc. The challenge you'll find when seeking support from one of these specialists, especially when you have autoimmune disease, is that they are not experts in **whole body healing**. They see you as a "part of" the body (a thyroid, a heart, a joint, etc.), rather than a total system. And, sadly, most of these specialists do not even see healing as an option. At best, they view your symptoms or disease as something you can manage, but rarely do they even believe you can heal.

If the people you are seeking help from don't understand or believe you can heal, then how can you possibly expect they can help you hit your healing goals?

So, if you've seen other practitioners for help in the past, and not gotten the results you wanted, you have to ask yourself... why is that? Well, it's because they don't have the answers on healing and they certainly don't have experience with healing the whole body from autoimmune disease.

How could they when they've only been trained to diagnose and prescribe within a system that doesn't understand that healing is even possible?

That's why you need a different approach to create new results, especially if you want to heal more effectively, in less time.

**Here's what you need:**

1. **CUSTOM PLAN** Your personal plan designed for you including what to eat, what to do first, how to uncover hidden underlying root causes, how to eliminate the things working against you, and how to retrain your brain to get out of the continual fight-or-flight mode so your body can actually function as it was designed to and help you heal.
2. **STEP-BY-STEP DIRECTIONS** Trainings on exactly what to do, in what order for you to physically, mentally, and emotionally undo what is not serving you and keeping you stuck. The foundational how-tos on retraining the mind, making great meals, and healing the body are all delivered to you in bite-size pieces, so you can implement them easily. It's all laid out for you so all you have to do is watch and follow the information provided.
3. **LIVE MEETINGS** Twice weekly there are energy boosting meetings and Q&As for deep learning, mindset shifts, best practices, and transformation. We create sacred spaces of non-judgment, personal connection, and deep learning, where you make healing shifts and create connections that propel your healing forward.

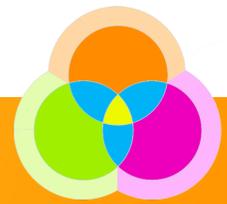


4. **JUST-IN-TIME SUPPORT** Open access to the coaches calendars for one-on-one support, as well as email, FB, or text support to answer your burning questions, troubleshoot, gain massive clarity, and profound emotional shifts. You're usually never more than 24 hours away from the personalized support you need from Kirstin, Anthony, & The Nourish Coaching Team to make better decisions and get the answers to your pressing questions.
5. **SUPPORTIVE COMMUNITY** The unconditional love and support you've been looking for your whole life can be found in our group meeting and buzzing Facebook group. It's your place to share wins, get feedback, ask for resources, and foster connections from people who ***totally understand what you're going through***. This is the unparalleled unconditional support you've always wished you had.

For close to 20 years, I was seeking this type of support, help, feedback, and help elsewhere and couldn't find it. And none of this was available all in one place. So that's why I created it for others.

These are the "secret sauce" elements of ***The Nourish Autoimmune Freedom Program***, and why hundreds of other people with autoimmune disease and related issues choose to heal and grow with us, as opposed to going elsewhere.

*\*(NOTE: In the last page of this blueprint you are reading, I included the Model of Total Freedom, in case you're interested in what approach we take and why our clients get results.)*



## NOW WHAT?

Here's what you can do next. Congratulations! You now have all 9 activators to healing from autoimmune disease and the issues associated with it.

What will you do with them?

Healing doesn't come from more knowledge, but from a shift in thinking and behavior, and finally understanding at our core that we cannot do it alone (if we could have, we would have).

Imagine, for a moment, that you could achieve your results by simply removing isolation from the equation and adding in the expert support you need. What could happen? (Seriously, imagine the possibilities.)

And conversely, imagine for a moment, what would happen if you did absolutely NOTHING differently and stayed in the exact same situation you're in now, staying in total or scattered isolation without the expert support you need for the next few months or even years.

Which feels better? (Answer this one honestly. There is no "right" answer, just your truth. You don't need to share the answer with anyone. This is for you.)

I can tell you that it changes a LOT of things when you find a process with like-minded people and expert coaches who understand how to keep you on the right path. We see this everyday at Nourish.

We hear from our new members, as they exhale in relief that they too feel like they've found their home...and that they don't feel lost anymore, because they know exactly what to do now.

That's priceless in the course of healing.

It allows you to stay focused on what matters most, and know what to spend your time on so you actually get on the right healing path for you and accomplish so much more than you would on your own.

Autoimmune disease is not a "forever problem" because it's a "solvable problem" when you have the right plan for you and the expert support needed to follow through with that plan. Whether it's here at Nourish, or somewhere else, isolation and the wrong support are blocks that you must be removed if you want to heal, especially if you want to do it completely, more quickly, and more easily.

When you say yes to removing the things that are in your way and move forward with the right plan, the right tribe, and the right support - you will finally get to truly see who you really are **at your core**, and who you were truly meant to be.



This is because you continue to compound what serves you and what causes true healing. And you know you are on the right path.

With this new belief in yourself and your ability to heal, you take bold action like never before. You've got fire in your soul! Everything gets easier when you walk the path with others who understand, support, and believe in your healing ability, too. This gives you incredible confidence, which compounds healing even faster.

Should we explore what that would be like for you too? Perhaps you would benefit from a health freedom call with us. I invite you once more to chat. Please reach out here ([www.nourish123.com/heal](http://www.nourish123.com/heal)) so we can outline your healing success. We've been waiting for you this whole time.

Breathe... And claim your health now!

Kirstin & Anthony

P.S. Here's the link to set up a free health freedom call with us to help you map out the way to heal more fully, quickly, and easily, and to explore the idea of working together:  
[www.nourish123.com/heal](http://www.nourish123.com/heal)

P.P.S. The **Model of Total Freedom** is on the next page. It's a conversation we typically save for people who are ready to heal and have decided that their health needs to be put first. Since you've read this document and you know how important it is to step up and claim your health, we decided to add the Model to Total Freedom and a supporting video to this document, so you can see what we include in our process and why our clients get results.



## NOURISH MODEL OF TOTAL FREEDOM

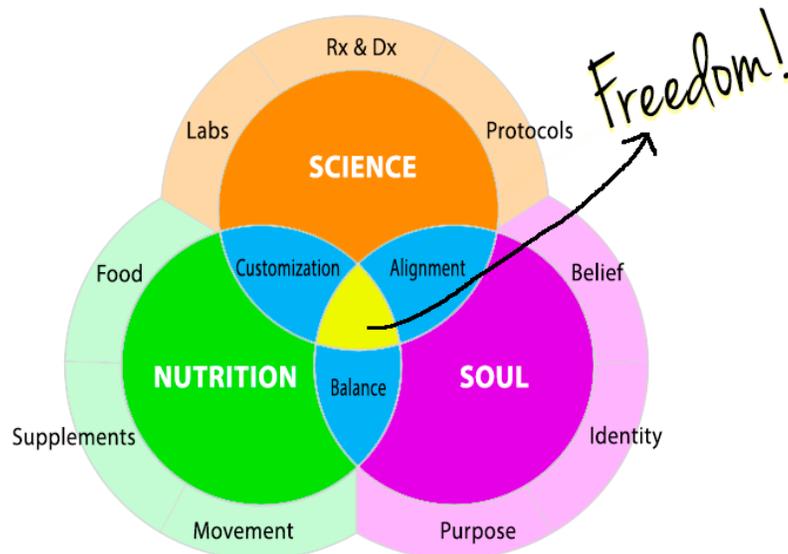
After many years of working with hundreds of clients with autoimmune disease and related symptoms, we found that there are critical components that **all** must come together cohesively in order to create the right healing plan for each client.

We've found that many times, people may have had **some** of the components, or pieces of the components, but we haven't yet found someone who had all the components dialed in and was still struggling with their autoimmune issues.

When you pull together, **all the pieces**, and they are **customized** to your goals, and you feel **aligned** with the plan created for you... that's when you find **balance** emotionally, mentally, and physically.

Below is the diagram of those components and how they all fit together.

And the core of this model... is where your freedom lives.



For more details on how these pieces come together, identifying which pieces are missing for you, and why our clients get results, watch this video explanation of the **Nourish Model of Total Freedom** by clicking this link: [www.nourish123.com/model](http://www.nourish123.com/model)