



## **Take Back Your Health – 6 Month Whole Body Wellness & Rebalancing Program**

*This 6 month program was created for maximum nutritional guidance and so that YOU ARE NOT ALONE during your detox and healing process.*

*This program is designed to give you numerous tools to heal as well as empowering health education so that you have the best chance to heal (FEEL BETTER) as quickly and effectively as possible.*

*You receive CONSTANT SUPPORT from professionals (Rick Fischer and Anna Orłinska) throughout the entire 6 months. You will not be alone in this process.*

*It is designed to be PERSONALIZED to the individual needs of each person so that your specific healing needs are always met. It is fluid so that as your needs shift and change, your results continue at higher and newer levels.*

**We are here to support you!**

*Rick and Anna*



[www.AwakenedYou.ca](http://www.AwakenedYou.ca)



[www.CopperToxic.com](http://www.CopperToxic.com)  
[www.MineralsandHealth.com](http://www.MineralsandHealth.com)





## All the things this program includes:

- 1) **TWO HTMA Tests with full Programs & Protocols** (1<sup>st</sup> one is at the start of this program, and the 2<sup>nd</sup> test (and revised protocol) is done in Month 5).
- 2) **TWO 30 minute Consults** with Rick to discuss your HTMA results. 1<sup>st</sup> one is in month one, and the 2<sup>nd</sup> in month 5.
- 3) **TWO Personal Wellness Score Tests and Reports** (1<sup>st</sup> one at the start of the program, 2<sup>nd</sup> one in month 5 to monitor improvements).
- 4) **Full Diet Plan and guidance** based on your mineral profile and detox needs as well as YOUR personal preferences and needs. This includes a step by step plan for detoxing, when to take your minerals throughout the day, and recipes and meal plans. It also includes unlimited tweaks, changes and updates that may need to be made as we go through the months. This includes a consult with Anna in addition to the bi-weekly sessions with her.
- 5) **Bi-weekly support sessions** with Anna (12 x 1 hour sessions in total). These sessions are tailored to your needs and together we can choose what would be the best way to utilize your sessions. You have the option to alternate between:
  - i. Coaching/Counselling Session
  - ii. In person or Distant Reiki Session
  - iii. In person or online Personal Training Session
  - iv. Breathwork Session (for anxiety)

During these weeks and the sessions, you will also have access to (as needed):

- ✓ Weekly accountability sheets
  - ✓ Email and text support for questions as they come up
  - ✓ Personal Training Exercise Program as well as Revamps with adjustments made for your specific goals and improvements
  - ✓ Unlimited Diet Guide Updates
  - ✓ Negative Belief Discovery Sessions
  - ✓ Personal Guided Meditations
  - ✓ Personal EFT Tapping Scripts
  - ✓ Email support during days when we are not meeting together
    - Note: Though you have your 2 consults with Rick included, you also have constant support with him through Anna as she can consult with him any time on your behalf.
- 6) **Full Anxiety Reducing Protocol.** Here we come up with tools that resonate with you to reduce anxiety and shut down the fight or flight response in your body to promote healing.
  - 7) **Mineral Mastery Course!!!** – Full access to this immensely important online education program so that you can take back control of your health, and protect it going forward! (Visit [www.mineralmastery.com](http://www.mineralmastery.com) for more information on this AMAZING course).



## Monthly Breakdown (what you receive each month):

### Month 1 – Initial Testing and Getting Started

- Trace Elements Lab Test (Profile 1)
- Premium HTMA Report \*
- Personalized Program and Protocol \*\*
- Personal Wellness Score and Report
- Consult with Anna to go over food and diet preferences and any other information you may think is relevant to your HTMA test and profile
- Receive a basic food guide and suggestions to beginning supplements to start you off before your test results are in & HTMA protocol written
- Receive and begin your anxiety reducing protocol
- Receive personalized exercise protocol
- Bi – Weekly Sessions with Anna
- Mineral Mastery course enrollment and access

\* Explains your key levels, ratios, toxic metal status, and how they all relate to health conditions and, as applicable, your own symptoms. Also includes specific analyses of copper toxicity, your metabolic type, stress, and your adrenal and thyroid status. **[In terms of detail and personalization, combined with your personalized program design explained below, this is night and day superior guidance from what you would get from automated lab reports sold elsewhere].**

\*\* This is a 4 Month Restore & Rebalance Plan for supporting your Gut and Liver and addressing your Mineral Deficiencies and Toxic Elimination. It includes a detailed Supplement Protocol, Dietary Guidelines, and much more.

### Month 2 – Implementation Month

- You receive your HTMA-Based Mineral Rebalancing and Detox Protocol
- Consult with Rick to go over your results and protocol
- You receive your personalized diet guide
- Consult with Anna to go over your diet guide
- Bi-weekly sessions with Anna
- Constant email and text support

