

The Kickstarter

Are you simply looking to learn more about a fasting lifestyle? Or, wonder if fasting could benefit you? Then The Kickstarter is a good place to start. The Kickstarter is a single session where we will look at your current status, your wellness goals, and come up with a plan for you to follow.

The plan that we put together will be personalized to you and will start out with sustainable steps for you to follow. It is your own level of comfort that will determine the rate of progression within the program.

The Kickstarter is for the person who need guidance on how to get started, but is confident that they can follow the plan on their own. It's always possible to schedule another Kickstarter down the road if you need more support. There's no limit.

Cost: \$85.-