



NUFIT WELLNESS

28 DAY METABOLIC RESET WELLNESS PROGRAM

Lower Cholesterol Levels

Dietitian & Wellness Coach

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*Transforming lives from unhappy and uncomfortable to confident, courageous and committed to
your healthiest self*

INFORMATION BOOKLET

BACKGROUND

Approximately half of all adult Australian adults have higher than desired blood cholesterol. General practitioners don't usually check the rising trend in cholesterol levels unless they are well above the ideal target (< 4.0 mmol/L). Heart Disease is Australia's leading cause of death. Every 10 minutes someone in Australia has a heart attack. The main risk factors are high blood pressure and high cholesterol. Things we can control. Learn to lower your risk and ensure a quality long life.

I was 21 years old when I had a cholesterol level of 7.5mmol/L and deranged liver enzymes despite never drinking alcohol. My GP looked at me in disbelief saying I am studying nutrition and dietetics and I know what to do. He did not know about the depression, anxiety and panic attacks I was experiencing. He did not understand the grief and pressures I had placed on myself. I took matters into my own hands and lowered my cholesterol levels through nutrition and exercise over the next 3 months to 3.5mmol/L.

When my father came home with statins, I asked him if his GP explained the side effects. Fatigue, muscle aches, headaches. I looked at my fathers' blood test results and asked him if his GP had explained them to him. The GP said everything is fine except the cholesterol. My fathers blood sugar level was borderline high at 5.4mmol/L, Cholesterol 6.4mmol/L, eGFR 70 and uric acid always high despite taking gout medication. I explained to my father, you don't have to be overweight to be unhealthy. On the inside his organs were suffering (like mine were years ago). I told him he is free to take the statins and not change the way he is eating. However, in 5 years time he will go back to the GP to get metformin. Then he will be taking gout medication, statins and type II diabetes medication for 10-15 years, still not improving his way of eating he will soon be diagnosed with kidney disease. I told him to give me 4 weeks, "do exactly what I tell you. Eat the way I tell you and take the supplements I give you. We will go redo the bloods to check your cholesterol levels." He followed my advice religiously. He took it as an experiment. His main complaint was "Eating again!" Four weeks had passed and we went back to do a blood test. The GP said 4 weeks is not enough time to see a change in cholesterol levels without statins. My father's cholesterol levels had gone from 6.4mmol/L to 4.2mmol/L, his fasting blood sugar went from 5.4mmol/L to 4.5mmol/L. With food and supplementation only. He no longer takes gout medication, never needed to start stains and I can say I have prolonged his life. He continues to eat healthy and age successfully.

You go to a GP and check your Vitamin D levels, 50 is a sufficient level. An endocrinologist (hormone specialist) would say anything below 75 is low. Dig into the research a little more and you will find that a Vitamin D levels between 80 and 120 helps prevent cancers. So next time you get your blood test results, who will you ask for an interpretation?

Only one in 2 (50%) Australian Adults over the age of 18 are meeting their fruit intake and only 6% are meeting their vegetables intake. Furthermore, wholegrains have had a bad rap since the increasing popularity of low-carb diets. It is known that our brain alone needs 120g carbohydrates for daily activities of living such as breathing and digestion. However, many individuals are misunderstanding the recommendations of low carb diets and their uses. Wholegrains are protective of heart disease, cancers, type 2 diabetes, autoimmune diseases.

ABOUT NUFIT WELLNESS COACHING

When it comes to nutrition and fitness, there is no 'one size fits all' approach. Healthy eating involves the enjoyment of a variety of whole foods. Exercise involves a variety of movements that is fun. NuFit Wellness creates and delivers individual and group coaching programs that evoke motivation and provide guidance to help individuals achieve and maintain health in any given circumstance.

NuFit Wellness values 6 pillars to wellness: Nutrition, Movement, Sleep, Mindset, Light Therapy and Optimising Stress Response. Research has shown these 6 pillars optimise hormones, the human metabolism and immune system. Specialising in Nutrition, NuFit Wellness has 3 core beliefs:

- Nurturing growth mindsets and supporting neuroplasticity beings with nutrition
- Everyone has the ability to improve on their health status using lifestyle as medicine
- All health begins in the gut

It all starts with awareness. Delivery methods include private consultations, online and in person group seminars. In this way, NuFit Wellness is on a mission to:

- Promote consciousness in food choices helping people heal
- Transform lives from unhappy and uncomfortable to confident, courageous and committed to their healthiest self

Check out our website: www.nufitwellness.com.au

Find us on Facebook: <https://www.facebook.com/nufitwellnesspro>

THE 28 DAY METABOLIC RESET WELLNESS PROGRAM – COMPONENTS

Suitable for anybody with high cholesterol, rising cholesterol, a career of someone with high cholesterol.

A personal notebook is recommended for each participant to take notes.

To allow for valuable delivery **this program is limited to 40 participants** and a waitlist will be created for future groups.

Designed to:

- Promote a growth mindset in health and wellness throughout the lifespan
- Build awareness of the 6 pillars to wellness to optimise health and vitality
- Give participants tools to use throughout their lifespan to achieve and maintain a desirable cholesterol level
- Empower individuals to improve their health status using lifestyle medicine principles

We have moved away from traditional ways of eating and skewed the recommendations of the Mediterranean diet, putting a westernised twist on it. With 450g steaks being available at the local pub when the Australian Heart Association recommends no more than 300g/week spread across the week in 85 – 100g amounts, and on non-consecutive days. This 28 day metabolic reset is designed to educate and inspire individuals to relearn how to eat healthy and age gracefully and successfully. Everybody has the ability to improve their health status using lifestyle as medicine.

This program has been designed to deliver over a year of coaching into 3 weeks. The knowledge acquired through this program is an invaluable resource to build resilience, health and wellness. This program equips lives with the skills to use lifestyle as medicine through life's transitional periods.

PLEASE NOTE

This Program will be running in August 2023. As such, **a waitlist is being collated**. In June 2023, you will receive Information about the start date with the zoom links.

Please note, you are able to work with Kathy 1:1 prior to the release of this program. If you have been working with Kathy 1:1 consistently over 6 months (minimum of 6 consults since January 2024) you may be eligible for a special discount offer up to 50%. This offer is valid for the first 10 clients only.

28 DAY METABOLIC RESET WELLNESS PROGRAM –Lower Cholesterol Levels INFORMATION BOOKLET

WEEK	PURPOSE	OVERVIEW
1 HOW WE LOWER CHOLESTEROL AUGUST 2023	<ul style="list-style-type: none"> • Promote and educate participants about the AGTHE and ADG • Explain the difference between the AGTHE and Mediterranean dietary pattern of eating • Explain the 28 day program components 	<ul style="list-style-type: none"> • Food as Medicine – The Principles of Healthful Eating • Natural Supplementation – Level Up with natural supplementation and gut health principles • The 28 day program – Achieving desirable cholesterol levels throughout the lifespan
2 THE 6 PILLARS TO WELLNESS AUGUST 2023	<ul style="list-style-type: none"> • To depict ways in which everybody has the ability to improve on their health status using lifestyle as medicine • Provide participants with practicals ways to improve on the 6 pillars to wellness 	<ul style="list-style-type: none"> • Maintaining desirable cholesterol levels throughout the lifespan • Nutrition • Movement • Sleep • Light Therapy • Optimising Stress Response • Mindsets
3 MINDSET MATTERS AUGUST 2023	<ul style="list-style-type: none"> • Provide participants with tools to optimise the Stress Response • Explain the types of mindsets in health and wellness 	<ul style="list-style-type: none"> • Psychology affects physiology • Growth mindsets, Fixed mindset and False Growth mindsets • Neuroplasticity – Repetition is the mother of mastery • Understand the role of the Parasympathetic and Sympathetic NS

PROGRAM IS DESIGNED TO ACHIVE A 10% DECREASE IN CHOLESTEROL OVER 4 WEEKS

ACHIEVE UP TO 35% DECREASE IN CHOLESTEROL USING SUPPLEMENTATION PRODUCTS AT ADDITIONAL COST

VALUE and INVESTMENT

WHAT	VALUED AT
3 x LIVE GROUP WELLNESS COACHING SESSIONS (90min each) <i>Access to recordings will be provided and expires 7 days after live event</i>	\$1,458
28 DAY METABOLIC RESET PROGRAM – To lower cholesterol BOOKLET GUIDE including: PROGRAM SUMMARY RECIPE BOOKLET – 7 day meal plan with recipes NUTRITION GUIDE – meals, 5 meals, 6 meals options	\$270 \$510 \$510
1:1 CONSULTATION (60min) Including assessment, recommendations and coaching	\$347
3x 15min LASER CALLS	\$150
1x SHORT REVIEW (25min)	\$80
VIDEO ACCESS 5 VIDEOS (x20min)	\$650 x5
E – Book x2 - Gut Health At a Glance - NuFit Wellness Principles Summary	\$1500 \$1500
TOTAL VALUE	\$9,575
PROGRAM PRICE	\$997
OR IN INSTALLMENTS	\$277 x4
INITIAL INVESTMENT 25% to secure acquisition	\$249.25
SUPPLEMENTS NOT INCLUDED – ADDITIONAL COST \$300 - \$500 TO ACHIVE GREATER RESULTS	

TO DISCUSS FURTHER

Book in a discovery call with Dietitian & Wellness Coach Kathy through her practitioner calendar online: www.nufitwellness.com.au BOOK NOW

REFERRALS WELCOME

If you know someone who would benefit from this course pass on my details and have them discuss the program with me

TO ENROL

This Program will be running in August 2023. As such, a waitlist is being collated. In June 2023, you will receive Information about the start date with the zoom links. NuFit Wellness will confirm your placement once the 25% initial investment has been deposited. Please note, by enrolling into the course you are agreeing to the NuFit Wellness privacy policy and to receive NuFit Wellness monthly e-newsletter with blogs, recipes and announcements about upcoming events and programs.

ABOUT KATHY OZAKOVIC

An ambassador for Lifestyle Medicine, Kathy is passionate about sharing messages of Health & Wellbeing. Educational content is underpinned by scientific literature communicated in a way relatable to the audience. With a Bachelor of Nutrition and Dietetics, Kathy worked as a generalist clinical dietitian on the wards of South East Regional Hospital (Bega) and the Bega Valley community. Having seen the effects of poor health management on individuals, families and friends, Kathy felt her energy and enthusiasm for health was more useful in the space of disease prevention.

Becoming an Accredited Health and Wellness coach equipped Kathy with communication skills which enable her to create a non-judgmental space for clients to accept their current health and commit to continuous improvement. Kathy believes setbacks are stepping stones towards success. Her positive attitude and strong faith inspire others to turn obstacles into opportunities.

With a great level of personal coaching, Kathy uses learnt principles of Neurolinguistic Programming, Neuroplasticity and Growth Mindsets in her motivational speaking and consultations with clients. Passionate about all things health and wellness, Kathy recognises the importance of a holistic approach to health.

Being a Microba Insight™ Health Practitioner Kathy has a great understanding and appreciation of the human gut microbiome. Other qualifications include a Certificate in Holistic Digestive Health, Sports Nutrition Essentials course as well as a Certificate III and IV in Fitness. To bring even more value to her clients, Kathy has committed to completing her own NLP practitioner certification, Eating Disorder Dietitian accreditation and Lifestyle Medicine Practitioner certification.

“I have experienced a lot of change throughout my life, which has moulded me into an insightful and resilient individual. My life experiences, which include moving countries twice, witnessing various physically and mentally debilitating illnesses within the hospital setting, encountering individuals with difficult personalities, and many other hardships, have provided me with a great level of compassion and empathy.” It is the transitional periods of life that present struggles as we stretch ourselves to become more of who we are and can be. With NuFit Wellness principles, we help our body heal, rest and recover to grow back stronger.

Connect with Kathy

LinkedIn: <https://www.linkedin.com/in/kathy-ozakovic/>

Instagram: @kathy_ozakovic

Facebook: Kathy Ozakovic @nufitwellnesspro

Free monthly e-newsletter sign up available through website www.nufitwellness.com.au

or Linktree https://linktr.ee/nufit_wellness

