

Course Outline

WHAT'S COMING

SIX WEEKS - YOU CAN DO IT!

CONTACT

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MODULE 1 - A PATH

Where in the world do I start?
What is my path going to look like?
What is functional medicine? What is autoimmunity and why do I have it?
Do I have a leaky gut? Do I have to go gluten free?

MODULE 2 - THE FOOD

What am I supposed to eat?
What can't I eat?
Organic, non-GMO, pasture-raised, oh my!
Meal plans
Best recipes
Cook ahead tips
Cleaning out the pantry and setting it up for success

MODULE 3 - I'M SO STRESSED OUT

Sources of stress and the link to autoimmunity
Success strategies for handling stress
More recipe ideas and a weekly meal plan

MODULE 4 - SLEEP

How much sleep do I need?
How can I improve my sleep?
Does my sleep really affect my health?
Yep, more recipes and a new meal plan

MODULE 5 - THERE'S MORE?

Pinpointing environmental toxins, suggestions for replacements and how to manage all these changes
Do I have to exercise too?
Finding and encouraging the supportive relationships needed for success
Another week of easy, family-friendly recipes and meal ideas

MODULE 6 - WHAT'S NEXT?

How do I make this sustainable? It's forever, right?
When can I eat my favorite foods again?
When will I feel better? aka How long is this going to take?
Troubleshooting - planning for long-term success
One more set of recipes to keep you going
Invitation to private group for ongoing support