

# The BNP Digestive TUNE UP™

How do you know if your digestion needs a tune up? You may be living with symptoms of bloating after eating, constipation and bowel issues, acne/other skin conditions or perhaps feeling low energy/mood. The good news? When you reduce and remove choices that are challenging your digestion and give your body more of what it needs (better nutrient balance and higher quality food), while addressing stress, your body begins to heal. Our expert-developed nutrition & lifestyle program is the first to address the root cause(s) of your digestive issues and provide personalized support to help you make your better choices more often.

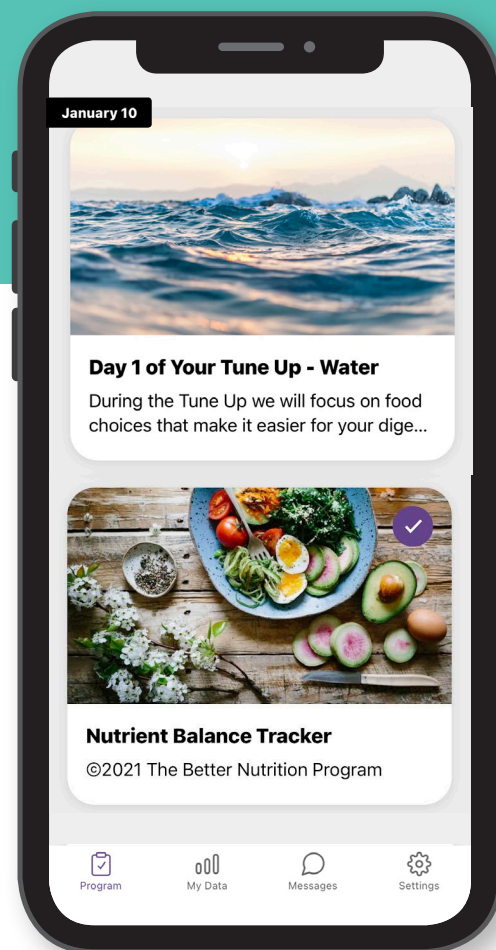
**Let's get your engine running optimally!**

## WHAT'S INCLUDED

- One-on-one sessions with your coach & unlimited messaging during the program
- Personalized coaching sessions & bi-weekly group sessions with award-winning nutrition expert **Ashley Koff RD** + other experts
- Deliciously doable recipes & meals ideas
- Tips & Tricks to help your body heal faster
- VIP Online support community

## WHAT YOU NEED

- A desire to improve digestive upsets and a 5-week commitment (we promise we'll help!)
- Permission from your physician or a referral from your provider to participate, & personalized supplement recommendations



**READY TO GET STARTED?** Simply tell your practitioner "Sign Me Up" to get enrolled. Then look for an email from [Programs@thebetternutritionprogram.com](mailto:Programs@thebetternutritionprogram.com).  
*We look forward to meeting you and getting you feeling better, inside and out!*

**The Digestive Tune Up™**, powered by **The Better Nutrition Program** and **Ashley Koff RD**, is an interactive program to help a struggling digestive system. How do you know if you need a Tune Up? Your body is sending you signals right now! When things are not going, or going the wrong way, or going too fast - that's right, constipation, bloating, gas and loose stools are key signals. Your skin and breath send you messages too. Battling belly fat, or struggling with energy, pain and immune health? You can improve these symptoms with better nutrition and lifestyle choices and we will show you how. Even if none of these apply and you are healthy, you want to stay that way. We recommend a quarterly digestive tune up because better health depends on better digestion.

This 5-week evidence-based and practitioner-proven program helps you identify better foods, amounts, frequency and lifestyle choices to give your digestion what it needs to run better. All while discovering what can irritate, overwhelm, and disrupt it. Each day you will get tips, recipes, and inspiration to help you identify and make your better nutrition and lifestyle choices to tune up your digestion! In addition you will meet virtually with a personal coach twice throughout the program, to help you personalize the recommendations for you and your lifestyle (plus, you can message them any time!). AND because we thrive in community, we offer access to Koff and her team of experts in live bi-weekly group sessions. We know there is a big difference between knowing what to do and doing it more often. This personalized program meets you where you are and helps you make your *deliciously doable choices*.

If you desire to feel better inside and out, PLUS address the underlying cause(s) for your digestive issues, this program IS FOR YOU. It's as easy as asking your practitioner to sign you up, and getting a welcome email from us with your access to the app\*. You will receive a message from your coach and your first video from Ashley Koff RD. Our personalized approach will guide you every step of the way. Let's do this!