

THE TOTAL Neuropathy SOLUTION™

Your neuropathy interferes with everything you enjoy and need to do daily. The good news? When you give your body more of what it needs, it starts healing faster. We want to help make this happen for you as soon as possible. Our expert-developed nutrition & lifestyle program is the first to address the root cause(s) of your neuropathy and provide personalized support to help you make your better choices more often. Designed to optimize the work you are doing with your practitioner, our program helps reduce pain, tingling, improve sensitivity to touch, strength and balance PLUS better A1C, digestion and fat loss*

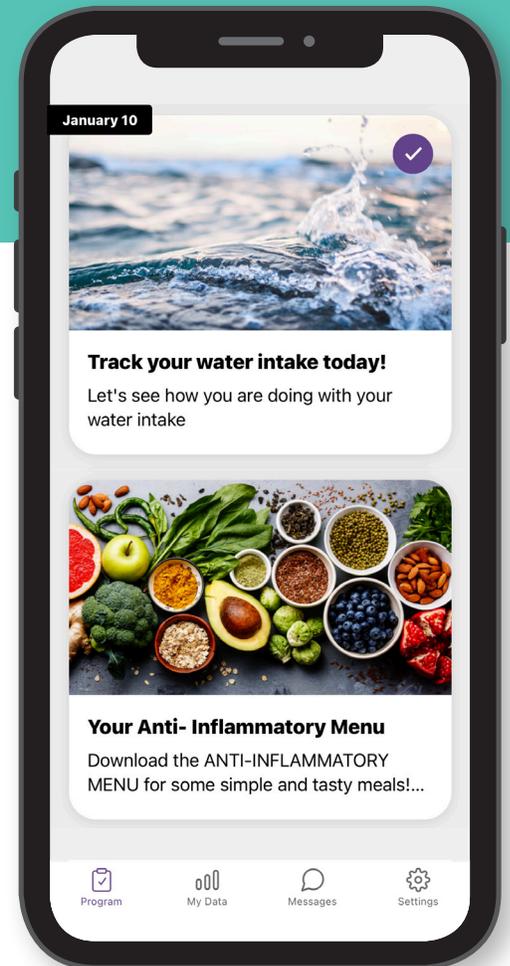
Finally... a way to feel better!

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 live free from neuropathy and a 12-week commitment (we promise we'll help!)
- Permission from your physician or a referral from your provider to participate



READY TO GET STARTED? Simply tell your practitioner "Sign Me Up" to get enrolled. Then look for an email from programs@thebetternutritionprogram.com.
We look forward to meeting you and getting you started to saying goodbye to neuropathy!

The Total Neuropathy Solution™, powered by **The Better Nutrition Program** and **Ashley Koff RD**, is an interactive program that will help you heal from symptoms of neuropathy including numbness, tingling and burning sensations, as well as improve sensitivity to touch, balance and strength. You can resolve these symptoms through better nutrition and lifestyle choices, and we will show you how.

Designed to complement your physical therapy treatments, this 12-week evidence-based and practitioner-proven program helps you identify better foods, amounts, frequency and lifestyle choices to give your body what it needs to heal. Each day you'll check in with our app where you will learn helpful nutrition and lifestyle tips that will support you on the healing journey. In addition you will meet virtually with a personal coach four times throughout the program, who can offer guidance and support as you implement what you're learning (you can also message them any time!). There are goals, trackers and recipes to try, something new and fun each day. 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 say goodbye to the annoying and debilitating symptoms of neuropathy PLUS address the underlying cause(s), 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!