

The BNP Sweet Taste Bud RESET™

Are your sweet cravings keeping you from your better health goals? Instead of skipping added sugars and/or sweeteners, **take this test**: Starting with a neutral mouth (not right after brushing teeth or having coffee, etc.) take 4-5 bites of an apple and rate it's sweetness on a scale of 1-10, 10 being sweetest. If your bites score less than a 7, your tastebuds need a reset! This program combines education, trackers, recipes and swaps to help you personally identify make better choices.

Our expert-developed nutrition & lifestyle program is the first to address root cause(s) and provides personalized support to help you make your better choices more often.

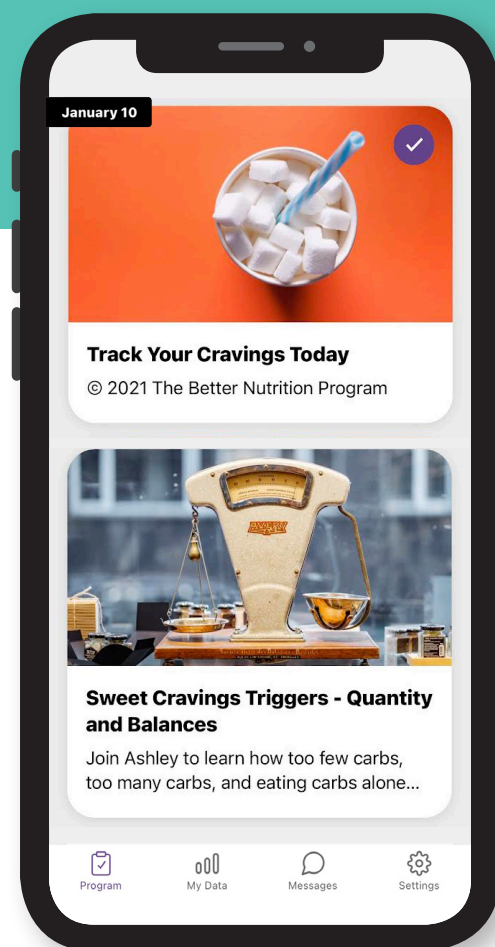
Ready to tame the sweet beast? Let's do it!

WHAT'S INCLUDED

- A one-on-one session with your coach & unlimited messaging during the program
- Personalized coaching sessions & group sessions with award-winning nutrition expert **Ashley Koff RD** + other experts
- Deliciously doable recipes
- Tips & Tricks to help your taste buds reset faster
- VIP Online support community

WHAT YOU NEED

- A desire to energize your sweet taste buds & kick cravings, and a week long commitment
- 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 helping you enjoy the sweeter things in life!

The Sweet Taste Bud Reset™, powered by **The Better Nutrition Program** and **Ashley Koff RD**, is an interactive program to help you with an undeniable problem-sugar cravings! Could they be keeping you from your better health goals? Instead of skipping added sugars and/or sweeteners, **take this test**: Starting with a neutral mouth (not right after brushing teeth or having coffee, etc.) take 4-5 bites of an apple and rate its sweetness on a scale of 1-10, 10 being sweetest. If your bites score less than a 7, your tastebuds need a reset! This program combines education, trackers, recipes and swaps to help you personally identify make better choices.

To address any health challenge, we need to understand what's causing it for us, personally. Unfortunately, the information about sugar isn't actually very helpful. Sure we hear all the time about how bad it is for us. We are told to avoid it. We are sold on the sweeteners to replace it (without being told they can actually make our sweet cravings more intense). But, we aren't told that to address sweet cravings we need to a) identify their triggers and, b) address them to reset our sweet taste buds. That's what we do in this 2-week program. Imagine having a much better handle on sweet cravings in just 14 days! Each day you will get tips, recipes, and inspiration to help you identify and make your better nutrition and lifestyle choices to reset that sweet taste bud! In addition you will meet virtually with a personal coach 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 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 want to tame your sugar cravings and get your sweet taste bud back to baseline, 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!