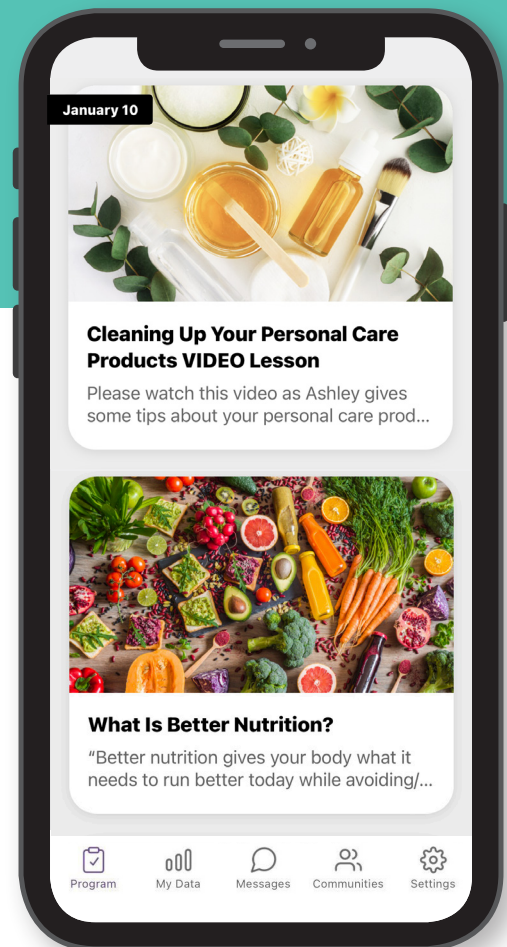


The BNP Cancer Risk Reduction™

You may be feeling fearful of cancer. Perhaps a loved one has been diagnosed, it runs in your family or you yourself are a survivor. This program was specifically designed with you in mind and we're here to help you identify nutrition and lifestyle choices that will promote better health for the future. Let Ashley Koff, RD educate you on everything from higher quality and nutrient dense foods, to better stress management practices, better personal care product & household cleaning products (yes they all matter!) and tips for detoxification. She covers it all in this comprehensive program and you'll have a personal coach by your side helping you decide which tips you can easily integrate today. You aren't alone in this, we're here to help and can say with confidence you'll complete this program with a better understanding of health promoting lifestyle factors.

WHAT'S INCLUDED

- 12 weeks of The BNP Cancer Risk Reduction™ content delivered daily to your app
- Four one-on-one sessions with your coach & unlimited messaging during the program
- Bi-weekly group sessions with award-winning nutrition expert **Ashley Koff RD** + other experts
- Deliciously doable recipes & meals ideas
- Tips & Tricks to help optimize your body
- VIP Online support community



READY TO GET STARTED?

Simply make your purchase and then look for an email from Programs@thebetternutritionprogram.com. We look forward to meeting you and supporting you through this important endeavor!

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The BNP Cancer Risk Reduction™, powered by **The Better Nutrition Program** and **Ashley Koff RD**, is an interactive program to help guide you through nutrition and lifestyle habits that promote a healthy body which in turn leads to reducing your risk or recurrence of many types of cancer. What kinds of things promote health? A lot of them you already suspect- better nutrition, daily exercise/movement, stress reduction interventions, and Ashley will take a deeper dive as to why they matter where cancer is concerned. She will also educate you on the things you may not know like the importance of breathing and relaxation for cancer risk reduction, how personal care and cleaning products contribute and how important your lymphatic system is for detoxing. If all this sounds overwhelming, don't worry! Your personal coach will help you identify ways to incorporate some of these newfound health benefits in a way that works for YOU. So for anyone looking to reduce their risk of cancer, this program will give you plenty of ideas for supporting you and your family's healthiest future possible.

This 12-week evidence-based and practitioner-proven program helps you identify better quality and nutrient dense foods and lifestyle practices that will give your body a better defense against cancer. Each day you will get a new card with recipes/menus, tips & inspiration, and trackers to help you identify and make these better nutrition and lifestyle choices that you can begin to integrate immediately. In addition you will meet virtually with your personal coach four times 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 nutrition and lifestyle choices*.

If you are wanting to be proactive in reducing your risk of cancer (or recurrence), 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!