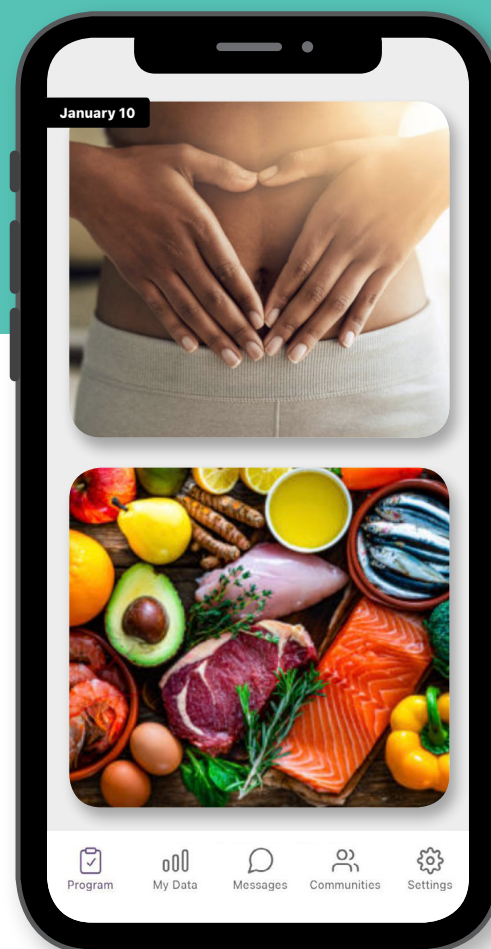


# Microbiome Optimizer™

Ever wondered what the microbiome is and how it may be related to your digestive, brain or other health concerns? Perhaps you struggle with brain fog, memory issues or skin problems such as acne or eczema and want to get to the root cause. In this interactive program led by Erin Lawson MS BSN RN CNS you'll go on a personalized journey rooted in your practitioner's recommendations (with guidance from the BNP Clinical Team) to discover what your microbiome needs to help you feel and maintain better health. From learning to build a better foundation, to what you may do better with less of and how to adjust lifestyle choices so your system feels nourished and runs better. We will help you address any known nutrient deficiencies and prevent insufficiencies that impact the health of the gut, your energy and overall health. As you experiment with doable-for-you sleep and stress reduction efforts, you will discover your better choices. We will also explore how to optimize detoxification. We'll leave no stone unturned in this comprehensive program that will have you on path to lifelong lifestyle practices to support this foundational terrain in the body.

## WHAT'S INCLUDED

- 12 weeks of Microbiome Optimizer™ 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 identify better nutrition & lifestyle choices
- VIP Online support community



### READY TO GET STARTED?

Simply make your purchase and then look for an email from [Programs@thebetternutritionprogram.com](mailto:Programs@thebetternutritionprogram.com).  
*We look forward to meeting you & deepening your understanding of that thing called the microbiome!*

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*These programs are not intended to replace or contradict your practitioners recommendations including medications, supplements, and food recommendations. Access is available only through a licensed or credentialed healthcare professional.*



**Microbiome Optimizer™**, powered by **The Better Nutrition Program** and moderated **Erin Lawson MS BSN RN CNS** is an interactive program to introduce you to the nutrition and lifestyle factors that contribute to optimal gut health. Bloating, gas, undigested food in stool, parasites/infections, environmental allergies, eczema, acne, brain fog... the list goes on and on for symptoms of a microbiome that needs attention. Erin will begin by laying a foundation for the environment in which good gut bacteria thrive and identify lifestyle factors such as sleep and stress that are often at the root cause of dysbiosis. We often think of food first but non-food nourishment is the #1 priority here! You will be immersed in how our body is designed to detox itself and how when this process isn't running ideally, we can't remove what our body wants to get rid of and fully heal. Erin will talk about simple and effective methods for increasing these detoxification pathways at home. You will learn about key nutrients that the body needs, foods that support a healthy microbiome and why the standard American diet simply isn't delivering. Perhaps you suspect leaky gut and want to know more, you'll learn about that and so much more in this eye opening program designed to have your microbiome performing optimally to address those chronic issues.

This 12-week evidence-based and practitioner-proven program is packed with educational videos, tips/best practices, recipes and goals to engage you as you learn more about better nutrition and lifestyle choices for an optimal microbiome through an app on your phone. You will meet virtually with a 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 during the program!). 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 identify and make better choices for whole body health for life, stemming from the gut!

If you desire to learn more about this thing called a microbiome and how to have it running optimally, 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 Erin. Our personalized approach will guide you every step of the way. Let's do this!