**THE POWER OF LIGHT** Health Coaching and Personal Transformation Programme

When we eat whole Foods we fill our bodies with the life-force and energy of sunlight. The light that gives life – without which we can not survive. Whole foods are are simply the foods which nature intended for us to eat to nourish and heal our bodies.

It is so simple - yet we have complicated this truth so much...we have denatured our food to the point where our bodies don’t recognise it as food anymore!Instead of working **with** Nature we have waged war on it through our food choices and we are now paying the price in the form of allergies and modern-day lifestyle diseases.

The life-giving and high-vibrational force of sunlight in the form of food is essential for maintaining a healthy body, mind and spirit. Bringing more light into your being through what you eat is often the first step to personal transformation on all levels as it is tangible and accessable to all.

If you are interested in what this programme has to offer, you have probably already taken the first steps towards better health and a happier, ”lighter” life by doing the **Nurtured by Nature Cleanse** or you have taken other steps towards cleaning up your diet and lifestyle.

The objective of **The Power of Light Coaching Programme**  is to guide you through the steps of bringing the joy of high-vibrational being into your life through Whole foods and other simple yet effective practices.

**The Power of Light**

**Basic Course Outline**

* **Step 1**: **Clearing the clutter**

This step is all about starting fresh.Whole foods shopping lists, phasing out the old in a family-friendly way, alkalising your body and introducing simple daily healthy habits. In each step we cover all aspects of health - body, mind and spirit. Apart from nutritional guidance and shopping-and prepping tips, we will also share ideas on how to introduce other practices like basic yoga and meditation techniques as well as ideas on how to follow a “clean” body-care regime and rid your household of harmful toxins.

* **Step 2: Food Prepping**

Running a Whole foods kitchen is a lot of fun but it takes a bit of planning. We will show you how to prepare ahead with tips about storage and buying produce. In this step we also cover Breakfast ideas- and tutorials.

* **Step 3: Salad, Dressings and Nutmilks**

You will never think the same about a salad again ;)

* **Step 4: More about juicing and simple body-care practices with ingredients from your kitchen and garden**
* **Step 5: Alternatives to Bread and other baked goodies. Intro to Yoga through breath work**
* **Step 6: Soups and dips. Basic daily Yoga poses**
* **Step 7: Sprouting. Basic meditation and relaxation techniques**
* **Step 8: Fermentation and more about body care**
* **Step 9: Snacks**
* **Step 10: Growing your own**
* **Step 11: Supplements and natural alternatives to antibiotics and other medication.**
* **Step 12: The clean and green home**

Looking at cleaning products and cookware.