

Educate, Transform & Heal

More than half a century ago visionary and humanitarian Ann Wigmore developed a simple concept first voiced by Hippocrates, the father of modern medicine, nearly 2,500 years ago: "Let food be thy medicine and medicine by thy food. Our bodies are alive, we constantly serve it dead food. What would happen if we fed it live food? We eat less, slower, loose our cravings increase our energy, clear our brain fog, clear our skin, improve our organ function, sleep, mental, physical and emotional stamina. Having said that: It isn't everyone's cup of tea to spend the time and effort to grow a garden of vegetables or seed and harvest trays of sprouts in their home, eat strictly raw organic produce, tossing out all cookware, toasters and rainy days pizzas from the freezer. But perhaps there is a way to create an alkaline body and build your immune system more slowly? Perhaps one could begin with moving the microwave to the basement, sourcing a sprout man and footing the bill for a good juicer and blender? Slow and steady wins the race. We all can learn to walk in simplicity, lightness and joy even in the face of past disappointments, self-defeating behaviours and downright anxiety driven addictions!

As we begin to design a new way of being in Mind and body growing the commitment to self-first, Isagenix products are used for a 30 day cleanse and weight reduction to bridge the gap with some of our immediate needs and then again as a part of an ongoing system as changes are implemented in our integrated wellness program. For instance – in a hurry for an early morning business meeting or long days in the office without proper food breaks – take a protein shake or and protein bar. Need an extra boost on long driving trips or late afternoon/evening kid drive arounds, take an electrolyte drink with some super greens for protein.

All custom designed 'Have Your Cake and Eat It Too!' programs are comprised of several key foundational factors:

*Keeping the blood sugar levels stable with healthy products and supplements, * keeping well hydrated, juicing daily * cutting down on sugar, saturated fats, whole wheat and meats * spiritual practice * setting a clear intention and vision for healthy aging * support and guidance to release self-denial and self-depreciating behaviours replacing them with self-affirming thoughts and choices * how to manage company, social commitments, traveling and shopping...making it easy, doable, cost effective and enjoyable!*



Integration Coach



Nadene Rogers is a New Thought Leader, a teacher of human potential, who creatively bridges science and spirituality into the business of our lives using a whole mind approach to empower the emergent spiritually intelligent leader within us all.

Her Diamond Mind Coaching and Training Programs support clients in learning to apply universal natural laws, principles and practices so that they may develop strategies guaranteed to ignite creativity, a spirit of generosity and inclusion - both inside and outside the walls of the workplace.

Nadene's body of work is compelling, moving and solution oriented, focusing on the relationship we choose with ourselves, the power each of us possess to change the way we think and act to procure personal freedom and the highest possible return on our investment both personally and professionally.

A veteran speaker, workshop facilitator, health and wellness advocate for the past 30 years and founding director of Calgary's former: Shenanigans Clown School, Teens of Distinction Society, Seniors Dreamwish Foundation, and The Calgary JOY of Life Centre - Nadene remains inspired by the belief that 'humanity knows!'

Call for your complimentary Consultation:

403.701.0754

Visit:

www.nadenerogers.com

pick Door #1

"Have Your Cake And Eat It Too!"

a customized Body/Mind/Spirit
nutritional system & easy eating lifestyle



HEALTHY LIVING



**Healthy Aging is Your Choice
and You are Free to Make it.**

It doesn't have to be hard.

Welcome to "Have Your Cake and Eat It Too"

a Diamond Mind Program

We are not a diamond in the rough but rather we are and always have been a perfect holographic energy sphere, replicating the unity and completeness of universal infinite intelligence, the Cause back of all creation. Just like an onion we are, with layers of unconsciousness and ego beliefs that need peeling away (revealing) in order for us to come home to our true essence of Selfhood – the oneness of our divinity and humanity – our spiritual inheritance, expressing in our daily lives.

We live in a world of Cause and Effect, cause being our belief system (conscious or subconscious) and effect being the result of our beliefs showing up as the condition of our body and the body of our affairs.

There is nothing that needs to be fixed, only something ready to be revealed by means of you. What is it? How you answer these question will determined if "Have Your Cake and Eat It Too" a Diamond Mind Coaching Program, is right for you at this time in making changes needed to reach your goal.

- Am I ready to put myself first
- Do I have the capacity to surrender to that which I do not know or understand
- Am I willing to both honor my story and release myself from its power of identity over me
- Am I interested in a short term goal or an ongoing commitment to healthy aging

How is a Diamond Mind Coach/Mentor helpful in the awakening and integration of the Body, Mind & Spirit of an individual?

- Supports you in keeping focused, inspired, accountable and moving forward
- Is a neutral observer skilled at always keeping the goal or intention of yours, and your deepest truth foremost in Mind
- Works in conjunction with universal spiritual principles and universal natural laws, educating you on how to apply them
- Provides daily prayer support
- Guides you through successfully living a personal experience while holding space for you to find your unique right path
- Meets you where you are and walks beside you, clarifying your objectives until you reach and surpass your goal!



"HAVE YOUR CAKE AND EAT IT TOO!"

is a **Spirit-Mind-Body Nutritional Diamond Mind Program** designed to meet the vision you hold for your life, companion your lifestyle and ensure healthy aging.

A NUTRITIONAL SYSTEM AND EASY EATING LIFESTYLE drawn from the science behind Hippocrates Health Institute, Isagenix products and the application of spiritual principles & practices – tailored to your needs to keep you feeling Fit, Alive, and Ageless.

This 6 week private coaching program and 8 week online course focuses on supporting you to create a calm, clear mind with a clear vision moving forward, a toxic free – alkaline body, your healthy body weight, increased energy and performance and a strong sense of aliveness.

Learn about...

- The spiritual principles and practices in spirit/mind/body integration
- The power of juicing, growing sprouts and eating live food
- Various ways of eating to compliment your lifestyle
- Convenient and cost effective nutritional products fortified with adaptogens, telomere support, protein, amino acids, minerals, vitamins and essential fatty acids.



A much bigger picture can be seen when we take control of our own lives, take preventive measures and stop looking for someone else to fix us, cure us, save us, pay for us, when we lose our health. Aging does not mean losing our health and genetic pre disposition does not need to impact our life experience. Dr. Bruce Lipton, Ph.D author of Biology of Belief, is known for stating a scientifically proven truth that our perception can change our DNA.

So where do we begin if we are feeling depressed by our lack of physical capacity, unwell and without energy due to being overweight, hopeless or frustrated from many failed attempts with the next new product promising a new lease on life? Well, we commit to doing the work, step by step to clean house, starting in our Mind, followed by our fridges and cupboards, accompanied by our altering our daily schedules to prioritize ourselves first.

All thoughts are creative and causal to our physical reality. We learn how to rethink and then refresh our ways of being. And like with everything that was once problematic, one day we will feel so alive and look so good we will be living the solution we once sought. The desire for our best life and capacity to create it lives within us always.

And make no mistake – the wisdom of the universe lies within the embracement of our humanity.



For more information on our Monthly Calgary Events and Online Courses and Webinars, please visit www.nadenerogers.com