



SEMINAR INFORMATION PACKET
2018

NAME:

3-DAY SEMINAR DATE:

Energetic Wellness
creating energy for balanced living

INDEX

Cover Page	Page 1
Index	Page 2
The Transformation	Page 3
Seminar Schedule	Page 4
Seminar Menu	Page 5
Cost	Page 6
Supplement Packages	Page 7
48-Day Conference Call Dates	Page 8
Movement Immersion Camp	Page 9
Energetic Wellness School of Naturopathy	Page 10
Register / Contact Information	Page 11

The Transformation

This isn't another weightless diet program. The Transformation is a way of living. Discover WHY you should transform your health and HOW to do it!

Many people are searching for a path to better health. Some suffer from a chronic illness or the symptoms of a serious diagnosis. Others are trying to lose weight without success. And some just don't feel themselves, they feel older than they should, or they just don't feel good. Naturopathic Doctor, Michele Menzel, has a strong desire to teach others how to live naturally and assist the body in natural healing. The Transformation comes from her heart and is a culmination of 20 years of self-study and formal training in health and wellness.

This program will empower you with the wisdom and knowledge to restore the body to optimal health. Dr. Menzel's training, knowledge, and compassion guide you through a 48 Day plan to transform your life so you can achieve energy and vitality into old age. The Transformation is a reference guide to help you learn how to eat and live naturally the way our Creator intended. The 7 Laws of Wellness point us back to the natural design of the body and how it supports us. This 48 Day plan will help you get started on your wellness journey with a daily routine, a complete list of pure, whole foods for each stage, benefits of nutrient-dense food, recommended supplements, how to transform your kitchen, menu ideas, recipes, how to get started shopping for organic and locally grown food, helpful therapies, resources, and much more.

Join Dr. Menzel as she takes you through one of the most rewarding experiences of your life!

Your best days are 48 days ahead of you!!!

You have the power to create the life you want to live!

This 3-day seminar is an in-depth look into The Transformation book, Dr. Menzel's philosophy, her 7 Laws of Wellness, what is Traditional Naturopathy, and so much more!

Seminar Schedule

September 2018

Friday, September 7th

9:00am - 10:45am – A New Model for Transformation
10:45am - 11:00am – Break
11:00am - 12:00pm – A New Model for Transformation Continued...
12:00pm - 1:00pm – Lunch
1:00pm – 2:30pm – Natural Law
2:30pm – 2:45pm – Break
2:45pm – 3:45pm – Natural Law Continued...
3:45pm – 4:00pm – Break
4:00pm – 5:00pm – Q&A with Dr. Menzel

Saturday, September 8th

9:00am - 9:30am – Morning Meditation & Movement with Bailee
9:30am - 9:45am – Break
9:45am – 10:45am – 7 Laws of Wellness
10:45am – 11:00am – Break
11:00am - 12:00pm – 7 Laws of Wellness Continued...
12:00pm - 1:00pm – Lunch
1:00pm – 2:30pm – Nutrient Dense Foods
2:30pm – 2:45pm – Break
2:45pm – 3:45pm – Nutrient Dense Foods Continued...
3:45pm – 4:00pm – Break
4:00pm – 5:00pm – Q & A with Dr. Menzel

Sunday, September 9th

9:00am - 11:00am – Movement Immersion/Green Strength with Luke Tirey
11:00am – 11:15am – Break
11:15am - 12:00pm – Natural Therapies & Supplementation
12:00pm - 1:00pm – Lunch
1:00pm – 2:30pm – Natural Therapies & Supplementation Continued...
2:30pm – 3:00pm – Q & A with Dr. Menzel

Seminar Menu

Provided by The Real Cafe

Friday, September 7th

Morning – Fresh fruit / Yogurt / Bone broth / Beverages (Water, Drip Coffee, Iced Tea, Hot Tea)

Lunch – Grilled Chicken Wraps / Quinoa Salad

Afternoon – Cookies / Almonds / Fruit

Saturday, September 8th

Morning – Fresh fruit / Yogurt / Bone broth / Beverages (Water, Drip Coffee, Iced Tea, Hot Tea)

Lunch – Meatloaf / Sautéed Veggies / House Salad

Afternoon – Popcorn / Almonds / Fruit

Sunday, September 9th

Morning – Mini Muffins / Beverages (Water, Drip Coffee, Iced Tea, Hot Tea)

Lunch – Chicken Caesar Salad / Baked Sweet Potatoes

Afternoon – Cookies / Almonds / Fruit

Cost

Early-Bird: \$350.00 Ends 8/17/18

Regular Price: \$395.00

Alumni: \$250.00 Must have completed a 48 Transformation Program prior

REGISTRATION CLOSING THURSDAY AT 5PM ON 8/6/18

Must be paid in full by Friday, September 7th at 9am

Included:

- The Transformation, 48 Days to Eating & Living Naturally for Life Book
- Seminar Meals provided by The Real Café
- 3 Days of Education, Information & Implementation
- Attendee Folder with Resources, Flyers and Handouts
- Attendee Goodie Bag with Samples
- 48 Day Meal Plan + Recipes
- Weekly Conference Calls with Dr. Michele Menzel (When you purchase the Basic Package of Supplements. See page 7)

Not Included: (These are not mandatory but highly recommended for best results.)

- Supplement Packages for the 48 Day Program (See page 7)
- The Transformation Daily Journal
- Movement Immersion Camp 2018 (See page 9)
- Initial or Follow-Up Naturopathic Appointment with Dr. Menzel

Supplement Packages

48-Day Transformation Journal - \$7.95* Valued at \$9.95

The journal is designed to help you keep track of your supplements and take notes along your journey. You can make your Transformation more personal by documenting your experiences.

When you purchase all 3 packages together you receive a total of \$50 off!!

Package prices are only available for those participating in the Transformation and there are no substitutes.

Basic Package (Pure Synergy or Vitality Greens):

Weekly Conference Calls with Dr. Menzel are included in the purchase of the Basic Package!!!!

These products are my universal supplements. They will support your body through the entire 48 days.

- **Pure Synergy Greens** - \$58.99 / **Vitality Greens** - \$49.95
- **Energy Boost** - \$52.50
- **Probiotics** - (6-Strain \$100) (11-Strain \$115)
- **Royal Cod Liver Oil** - \$54.95
- **MCR** - \$92 for 8oz or \$50 for 4oz
- **Radiance C Powder** - \$27.50
- **Max B 8oz.** - \$54 for 8oz or \$30 for 4oz

***Discount of \$15 off total package**

Estimated Package Total = \$439.94*

Support Package:

These products were chosen to support fluctuation in blood sugar and mood as you eliminate all processed food that your body has been addicted to, like white flour and white sugar.

- **Reset** - \$30
- **Bio-Melatonin** - \$34
- **Alpha Lipoic Acid** - \$59.95

***Discount of \$10 off total package**

Estimated Package Total = \$113.95*

Cleansing Package:

These products were chosen to assist the body in natural detoxification. The Lymphatic System, GI System, Kidneys, and Liver/Gallbladder will have the support they need to create a gentle cleanse throughout the 48 days.

- **Lymph Care** - \$20
- **GI Restore** - \$26
- **Syndrome K 8oz.** - \$54 for 8oz or \$30 for 4oz
- **Ultra GL 8oz.** - \$54

***Discount of \$10 off total package**

Estimated Package Total = \$144.00*

Estimated Total = \$690.84 (Including the \$50 off, journal, & all 3 supplement packages based on Dr. Menzel's recommendation)

48 Day Weekly Conference Calls

With Dr. Menzel

*Calls will start promptly at 6:00 pm CT every Monday evening during the 48 Day Program.

All calls will also be voice recorded. You will be given a dial in phone number as well as an access code upon completing the 3-day seminar and purchasing the Basic Package of supplements. You will also receive a weekly reminder email about the conference call earlier in the week.

September 10th

September 17th

September 24th

October 1th

October 8th

October 15th

October 22th

Movement Immersion Camp 2018

Tuesday, September 11th – Saturday, November 3rd

Location: Energetic Wellness Movement Studio

Partner: Green Strength

Coinciding with the Transformation Seminar and 48 Day Plan is our NEW
Movement Immersion 8-week camp!

Introductory offer of \$395.00 for 8 weeks

(Not included in seminar price)

WHAT YOU WILL GET?

Experience 6 different movement practices and discover what is most beneficial for you individually. Gain movement discernment through hands-on professional instruction, both in the movement studio and in classroom discussion.

- 3 Classes per week (Tuesday 6pm, Thursday 6pm & Saturday 12pm)
- 24 Classes hosted at Energetic Wellness Movement Studio
- 6 Combined certified instructors from Green Strength & Energetic Wellness with unique and aligned movement styles, classes and personalities.
- 4 In-depth discussion hangouts (Friday evenings) which include a nutrient-dense meal provided by The Real Café
- Education, Meal Plans, Instruction and more!
- Geared towards but not secluded to participants going through the 48 Day Transformation.

HOW TO REGISTER:

Contact Energetic Wellness by phone or email at 405-359-1245 /
info@energeticwellnessok.com

Or come in and speak to Jessica or Bailee on staff to sign up in person.

Energetic Wellness



SCHOOL OF NATUROPATHY

Ever thought of becoming an Ambassador to educate friends and family on The Transformation or perhaps lead others through the 48 Day Transformation?

We might just have the program for you!

Check out the Transformation Ambassador & Transformation Lifestyle Coaching Program at the Energetic Wellness School of Naturopathy.

Each program differs in cost, duration, benefits and certification. Together, these programs are taught based on the foundation known as The Transformation. Join our network of likeminded natural health professionals! For more information or to enroll for our upcoming semester please contact school@energeticwellnessok.com or 405-359-1245

Looking to hire a Transformation Lifestyle Coach during your 48 Day Transformation to better assist you on your journey?

We would love to help! Contact us today!

Rates vary based on Coach

Services Include:

- Pantry Transformation
- Grocery Shopping Tour
 - Meal Prep
- Daily Motivation & Support
- Further Guidance and Instruction for the 48 Days
- Daily Routine Accountability
- Supplementation Schedule

Register / Contact Information

TO REGISTER FOR THIS SEMINAR PLEASE CONTACT ENERGETIC WELLNESS

SPACE IS LIMITED!!!!

DEADLINE TO REGISTER IS THURSDAY, SEPTEMBER 6TH AT 5:00PM

WE TAKE PAYMENT OVER THE PHONE OR YOU CAN PAY IN PERSON



Energetic Wellness

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Follow us on social media!