**A Kickstart-to-Spring 7-Day Health Challenge**

--7 Days to Lose Weight

--Reduce Blood Pressure,

--Reduce Insulin Resistance

--Practice Intermittent Fasting

--Learn Biohacks for Longevity

--Share Recipes, Make Friends, Have Fun!

Sara K. Vogeler, BMC, RSMT, ISMETA Somatic Movement Therapist and Mentor, ACE Personal Trainer, Orthopedic Exercise Specialist, Licensed Massage Therapist, AOMT TMJ specialist, MFL Cert. Instructor, Founder and Director, [The NeuroMuscular Center, Inc.](https://www.theneuromuscularcenter.com/)

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For 7 days, concentrate on your health—what you are eating and when, what exercises you do, what raises your blood sugar, practice intermittent fasting, lose weight so you can wear that summer bikini or trunks, and build muscle and stamina for a longer life!

**Course Overview**: Insulin resistance affects millions of people worldwide, often leading to diabetes, cardiovascular disease, cancer, decreased quality of life and reliance on medication. This 7-day course will provide participants with a basic

understanding of natural methods to:

--control blood sugar with daily monitoring,

--avoid starchy carbohydrates and sugars,

--exercise to strengthen specific areas,

--prevent sarcopenia (muscle-wasting),

--promote autophagy through fasting

--sleep better

Through a combination of evidence-based practices, lifestyle adjustments, and holistic approaches, participants will learn the steps to reduce pain, build lasting habits to reinforce new decisions, how to eat better, improve their overall function and well-being, and be more beautiful than ever!

Learn the best methods to build strength and neuroplasticity with specific exercises, to increase your heart rate for longevity, to balance your blood sugar by eliminating inflammatory foods, to eat a diet to lower your risk of insulin resistance, diabetes, cancer, and degenerative diseases, and nourish the microbiome.

**ONLY $79!**

**Limited to 10 participants.**

Payable on Zelle to [NMCmover@gmail.com](mailto:NMCmover@gmail.com)

Venmo to Sara-Vogeler

paypal.me/saravogeler

Bonus #1--a private review of your medical records with Sara

Bonus #2- a Glucose Tracker for listing all your readings

Bonus #3- Sara's Amazing Biohacks e-book

Bonus #4- Healthy Recipes

Bonus #5- free access Sara's BMC-Based Hi-Intensity Dance Exercise videos on YouTube@sarak.vogeler3307

**Sara Vogeler's course has been life-changing for me. Adopting the practice of monitoring my glucose levels is proving to be a game-changer. I am now thoroughly convinced that with the low-carb diet she recommended, coupled with regular exercise, I can triumph over my health challenges. I am wholeheartedly committed to attending the 6:00 AM (Pacific) dance exercise class as often as possible.Sara's method of teaching is not only logical but also incredibly easy to comprehend. A personal favorite takeaway for me has been the advice to avoid sweet potatoes, which I'm not fond of. It's refreshing to have a valid reason to bypass them, especially since they're often recommended in diet plans."**

**--Evie Sullivan,** *cert. NLP Master & Result Coach, Licensed*Hypnotherapist

SCHEDULE

Sunday 4:30 – 6:00 pm Eastern **Meet and Greet**

* Personal consultation to review your health and any issues you have, including medical reports, lab tests, current condition
* Learn to measure blood sugar levels using the Care Touch device you can purchase at your local pharmacy (or the Keto Mojo + extra glucose test strips)
* Write personal goals, take measurements of chest, waist and hips, join Sara’s FB group “Powerful Bodies”

Monday 4:30 – 6:00 pm **Nutrition and Inflammation**

* Sharing your food log and glucose levels with the group
* Following an anti-inflammatory diet, intermittent fasting to reduce calories, enhance autophagy, improve detoxification
* Vitamins, supplements, collagen, protein, carbs, fats, herbs, spices (ginger, garlic, onion, turmeric, rosemary, pepper), digestive enzymes, herbal teas, tinctures

Tuesday 4:30 – 6:00 pm **How the Pancreas Helps**

* Sharing your day’s food log, and glucose readings
* Slide show explaining the anatomy and physiology of this endocrine and exocrine gland

Wednesday 4:30 – 6:00 pm **The Mouth—Gateway to Your Health**

Guest Speaker Dr. Keith Marshall, holistic dentist who heals the body with lasers, red light, sunlight, avoiding blue light, and nitric oxide.

* **Myofunctional Therapy—where does your tongue go?** Nursing, swallowing, and tongue placement

Thursday 4:30 - 6:00 pm **Your Origins in the Womb**

* Embryological Foundations of Body-Mind Centering®
* The Pre-Vertebrate Patterns
* Building strength, flexibility, stability, mobility

Friday 4:30 – 6:00 pm **Sleep Hygiene**

* Creating a great routine for sleeping well, melatonin
* Relaxation, breathing, stretching, meditation, self-talk
* Foot anatomy, toe strength for longevity, foot rolling

Saturday **1:00 – 2:30 pm** new time **Quiz, Prizes, Party!**

* Vocabulary Quiz: insulin, cortisol, ghrelin, leptin, alpha cells, beta cells, islets of Langerhans,
* Sharing recipes, what you learned
* Prizes!!!

**Bonus Discussion for Long-Term Strategies**

* Positive Influencers: Milton Erickson, Tony Robbins
* Letting go of your past identity and reimagining YOU
* Developing a personalized plan for the future. Write it down!
* Guided audio and video resources for meditation, exercise, and relaxation

Note: This course is designed to provide general information about natural methods for pain management, regaining and building strength and improve VO2 max. Participants should consult with healthcare professionals before making any significant changes to their treatment plans. The course does not replace medical advice or treatment.