

Your Family's CW Wellness Blueprint

Personalized support to help your family feel better, live smarter, and stop guessing.

Start Here: Book Your Free 15-Minute Call

Just scan the QR code to schedule instantly – no pressure, just real conversation!



If you've been overwhelmed by wellness advice that doesn't fit your family's real life, you're not alone. Whether you're juggling food sensitivities, stress, sleep issues, or just trying to keep everyone healthy and steady, we're here to help you find clear, personalized direction.

This is the first step in building a plan designed for your family's biology, routines, and priorities — not a one-size-fits-all approach.

“[Our favorite part of working with you was] the knowledge and pointing us in the right direction... seeing the improvement in our son and having our happy little boy back! ”

— Brant & Makaella, Ohio

Foundations Package – *Most families start here*

This is the most common starting point for families who want clarity before committing to long-term support. It's designed to replace guesswork with a clear, personalized foundation you can actually build on. **\$1,395** one-time or **3 payments of \$515**

✓ **3 Months of CW Personal Membership**

Monthly strategy sessions, direct text & email access, and full app access

✓ **1 Comprehensive Health Review**

A detailed intake and professional review with clear, personalized next steps

✓ **One Discovery Program (Adult or Child)**

A guided, 3-session deep dive into biology, food responses, stress patterns, and daily structure — focused on the family member who needs clarity first.

CW Personal Membership - *Ongoing support for your whole family*

Once you have clarity, ongoing support helps you stay consistent, adapt as life changes, and keep making progress without starting over. Many families begin with the Foundations Package above, then continue with monthly membership for guidance, accountability, and real-time support. **\$245/month**

✓ **Monthly Health Strategy Session**

1-on-1 time to refine your plan and maintain momentum

✓ **Direct Text & Email Access**

Support between sessions—without waiting weeks for help

✓ **Family-Focused Flexibility**

Each session centers on whoever needs support most that month

✓ **Wellness Videos + App Access**

Weekly tips, expert talks, and optional monthly challenges

✓ **90-Day Risk-Free Guarantee**

If it's not the right fit, we'll refund your membership and help guide your next step



Discovery Programs - *For deeper, personalized insight*

Discovery Programs are only available to CW Members and help you move beyond general advice and understand how your body—or your child’s—is uniquely wired. This deeper clarity allows food choices, routines, and daily decisions to finally make sense.

Adult Discovery Program - \$750 one time or **3 payments of \$275**

- ✓ Three expert-led sessions
- ✓ Epigenetic assessment and guided review
- ✓ Personalized food list installed directly on your phone

Designed for adults who want clarity around food, stress, and structure—and a plan that fits real life.



Early Discovery Program (Child) - \$495 one-time or **3 payments of \$185**

- ✓ Biology-informed insights for your child
- ✓ Nutrition and routine guidance
- ✓ Confident parenting tools that grow with them

Ideal for families seeking clarity around a child’s behavior, energy, sensitivities, or daily rhythms.



"I have learned how to support my body best. I was wasting money on supplements that were either never going to help me and some that were actually harmful to my system. Discovering what foods are best for me has helped me to feel so much better consistently. I think everyone needs to do this..." — Brenda, Ohio

Deep Dive Family Package – For families ready to align

This package helps CW member families understand how an adult and a child are uniquely wired — and build routines, food choices, and daily rhythms that work for everyone. **\$1100** one-time or **3 payments of \$395**

1 Adult Discovery Program

A guided, 3-session deep dive into adult biology, food responses, stress patterns, and daily structure

1 Early Discovery Program (Child)

Age-appropriate insights into a child's biology, nutrition needs, and supportive routines

"I can now connect with my special needs children in ways I never thought possible. Words can't express the value of knowing which foods and environmental toxins trigger my son's reactions. Thank you for giving me my son back!" - Mom of 5, Ohio

Optional Support Add-Ons - Available to active CW Members

Some forms of support happen on a regular rhythm, while others are available as needed. These options are here to support your ongoing progress without changing your overall plan.

Additional Strategy Sessions — \$165 (30 minutes)

For urgent questions, deeper dives, or short-term support between regular sessions.



Health Reviews — \$125 (typically every 6 months)

A structured review and written summary of updated information to reassess progress, refine recommendations, and guide next steps. This report is reviewed together during a regular monthly session and does not require an additional appointment.

★ Premier Family Plan – *Best long-term value*

For families who want consistent, long-term support and prefer a single, steady commitment rather than monthly decisions. Available after your first 90 days as a CW member.

\$2650 pay in full - 10% savings compared to monthly membership

- ✓ Ongoing CW Personal Membership
- ✓ One monthly strategy session
- ✓ Direct text & email support
- ✓ Planning continuity across the year

Discovery Programs and Health Review Reports are available separately, as needed.

✓ **Final Review: Is Confident Wellness Right for You?**

Ask yourself...

- Do you want a wellness plan that actually fits your family's real life — not just a set of generic tips?
- Are you tired of guessing about food, supplements, or what's really working?
- Would it feel good to have a trusted expert you can message when things shift — without waiting weeks for help?
- Are you ready to stop wasting time and start making real progress?

If the answer is **yes** — **even to one of these** — you're in the right place.

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No pressure — just a real conversation to help you decide your next best step.

