

## Let's get Cancer out of the Kitchen

This package is perfect for those who care deeply about their family's well-being and the environment. We will work together to uncover where harmful toxins are lurking in your home, affecting your family's health and creating a ripple effect that extends into our beautiful planet.

\$295.00 for 3 hours, (this may be broken down over 2 1.30 session over 2-3 weeks)

### VALUE

- Improve Health : Minimizing the exposure to harmful Chemicals and Plastic
- Better food Quality : Using natural materials like glass, wood, stainless-steel and Bamboo to preserve the taste and nutritional value of food that is better than Plastic
- Environmental Stewardship : reducing plastic uses decreases plastic waste, contributing to a healthier planet and less pollution in the Oceans and our internal health environment is given more balanced and ease
- Enhancing Kitchen Aesthetics : natural materials have a timeless and elegant look, also they enhance your quality of food.
- Sustainability : By choosing reusable and durable items over single use plastic, you promote sustainability and reduce your environmental footprint.
- Increase Awareness : Making conscious choices about the kitchen materials encourages mindfulness about the broader impact of consumer products.
- Economic Savings : While initial costs might be a touch higher, investing in quality reusable items can save you and your Health over time.
- Peace of Mind : Knowing that you are reducing potential carcinogens, nano and microplastics in your environment can bring a sense of peace and comfort.
- Role Modeling : Demonstrating these values can influence others to adopt similar habits. Move Me is all about 'Join, Learn, Share' this multiplies the positive impact.

### SERVICE

- We will do a thorough examination of your home environment, with a detailed checklist.
  - The Heart of the Home is the Kitchen, where we will explore the hidden toxins and Plastics that maybe lingering unnoticed in the kitchen, Bathroom and Laundry
  - Also discovering how your Auto-Pilot actions maybe causing you to degrade your Health and your families well-being
  - You will receive a Personalized Action Plan to help you to remember the changes for improving your home environment.
  - We will investigate all the areas in the Kitchen, Bathroom and Laundry so that you will understand the best solutions.
  - Access to safer/healthier brands and places where you can purchase them.
  - An easy and simple way to make small sustainable changes towards a healthier and safer home environment
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- A Workbook to help you organize your new direction to a healthier life, for you and your family.

### ACTIONS

- The 2X 1.30 hour sessions are either in virtual calls, Facebook or other means and the other option is in person.
- We will tackle the Kitchen first, then the Bathroom and lastly the Laundry, with flexibility to your major concerns if you wish to change the order around.
- Deep diving into the Kitchen, Bathroom and Laundry
- Let's discover the Auto-Pilot Actions in your life that may not be serving you, so we can reset them and praise your fast results with your new small shifts.
- An Action Plan for 3 Months, that are clear, easy and sustainable steps to get you moving on the right path.
- Let's celebrate your victories on this New path.

- A workbook that will lay down some of the guild-lines to support you on this journey.

#### **TECHNOLOGY SUPPORT**

- Telegram App for fast easy answers during business hours M-F 9.00-5.00pst
- Invitation to Join the Private group called "The Ripple Club" where you will meet like minded souls on the same journey.