

Let's get Cancer out of the Kitchen!



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
- 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.

This package is \$295.00 and includes 2 x 1.5 Hour Sessions.

Purchase Plan