

8-WEEK

FULL CIRCLE

WELLNESS PROGRAM



Over the course of 8 weeks you will join the exclusive Full Circle Wellness Group and be guided by Patricia Ode weekly. In committing to this program you will receive a one-on-one healing experience with a community of individuals that are ready to learn. You will practice integrating sustainable health and wellness through physical, mental, emotional, and spiritual practices.

AUGUST 02, 2020 - SEPTEMBER 26, 2020

WHAT TO EXPECT:

- ✿ 2-Hour's of consultation with Patricia
- ✿ A one-on-one healing experience working towards simple and sustainable health
- ✿ Workbook Guide, Weekly schedule, Weekly Zoom calls group video check-ins, Access to the program for a lifetime.
- ✿ Diving deep into Micronutrient Plant-based Nutrition and herbs
- ✿ Plant-Based Recipes, Grocery Lists, etc.
- ✿ Professional guest speakers sharing yoga, meditation, breath, mobility, masculine vs. feminine energy, chakra, herbs for skin, sound healing, intellect vs. mind, animals & nature, and sustainability
- ✿ Cleansing toxins from old medication, the environment, and stress

WHO'S IT FOR:

- ✿ Living with chronic illness or auto-immune disease and haven't found an answer
- ✿ Managing current illness with prescription drugs or taking one too many supplements
- ✿ Serious about health & wellness
- ✿ Ready to invest in YOUR future
- ✿ Overwhelmed by all of the healing options
- ✿ Ready to make a positive and sustainable change
- ✿ Open minded and ready to educate and learn with an open heart

INVESTMENT

Patricia is a certified Plant-Based Nutritionist and strongly believes her greatest education and accomplishments to be her self -experience and years of self study.. During the course of the 8-weeks, Patricia will work with each client intimately and provide customized education based on their healing desires. She doesn't work based on a protocol because she believes that each body is unique and should be cared for as such. Due to the one-on-one promise, there are very limited spots available for the 8-Week Full Circle Wellness Program.

Below you will find the pricing on the program and investing in your health & wellness.

THREE PAYMENTS: \$1,200

TWO PAYMENTS: \$1,650

ONE PAYMENT: \$3,000



We can't wait to join and guide you on your healing journey.

Sending peace, love, and health. xo,

True
Desserts

TAKE IT FROM THEM

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Patricia taught me everything I know, seriously! After struggling with chronic itching and hives for almost a year and seeing countless Doctors (none of which had any answers) I reached out to Patricia for help. I worked closely with Patricia to help identify what to focus on and what my body needed to heal from the inside out. She is educated, thoughtful, caring, passionate and experienced from her own personal journey she is willing to share to help others. She not only taught me A TON about diet and lifestyle, but also reminded me the power of meditation and healthy habits/ routines to incorporate in times of inevitable frustration throughout the process. Working with Patricia was such a gift, I am so grateful for her knowledge and continuous encouragement as I continue to heal.

- Anayat E.

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For 31 years I was led to believe that it's better to enjoy the food you love and suffer the consequences later. I also believed that doing what the doctor says is always best. But watching Patricia transform her health and disease through food and mindful emotional healing, I began to realize that there was more to my health than a diet and the gym. I battled debilitating migraines for 3 years which brought me to the darkest days I'd ever faced. Patricia didn't just get me into a healthy food diet, she asked questions that helped me to see that I had been emotionally, mentally and physically sick for almost my entire life. In her course, she taught me about food that is life giving and showed me how to change habits that were ingrained in me for a lifetime. She gave me courage to stand up to my doctors and to learn to listen to my body. She cheered me on the entire way and the results truly felt like a miracle. My migraines dissipated and I'm living now with only one per month because of her guidance and incredible resources.

Patricia and her program gave me HOPE that I'm in full control of my life and my body and that real food heals. It's changed me forever!

- Emily C..

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TAKE IT FROM THEM

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If you are lucky enough to learn from Patricia, your life will change forever! Mine did!! I started my journey Debbie - Sterling Heights April 23, 2019 and there is no looking back, only moving forward. I haven't felt this good in years. It's amazing how your diet can change your health and all around wellness! This is just one change I had among many. I don't have a colon due to 6 years of ulcerative colitis, it got so bad I had no quality of life, so that's when I had the surgery. I go in every year for a pouchoscopy to make sure everything is ok. I have always had inflammation since 2006, until this year NONE! This was huge. My Dr said you don't have to come back for 2 years now, he also asked what are you doing differently? I told him I'm on a plant-based diet and he said keep doing what your doing. My husband and I were so happy to get such great news. I cried happy tears that day. That just showed what I was doing was a huge step in the right direction. There's so much more, blood pressure, pulse, cholesterol, A1C, all fantastic, sleep is really good. An extra side effect 47 lbs down. I will be 60 this year and feel amazing! I'm not going to lie, sometimes there are challenges, but your health and well-being are so worth it. You keep moving forward and the results are fantastic! But, none of this would have been possible without Patricia, all of her knowledge, guidance, and support. She is truly a special person who wants to help people reach their goals and heal! I Will Forever Be Grateful!

- Debbie

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I have been a vegan for 10 years and have been having health issues (mostly autoimmune) - I've done the research, seen doctors, both western medicine and integrative and all of the info out there can be overwhelming and contradicting at times. I joined Patricia's 31-day challenge for the month of January '20 and it was the decision ever! Patricia made everything so simple and I learned so much about eating plant-based vs vegan. Added bonus, I lost 14 lbs before the challenge was even over and learned how to listen to what my body needs. I will be forever grateful to Patricia for sharing her wealth of knowledge in such a loving way!

- Judy

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