

# Crystal Clear Kids



 The Family Support Program

As an asset of the mixed-media series the videos are designed to speak directly to the audience in an empathetic and instructional format. Through the combination of science, psychologically proven techniques and theories, as well as experience driven results, each module presents the what, how to identify, and the “to-do” steps to transition families to clean eating thus curating whole health and deep connection.

The series is created as a bespoke module program covering wellness topics such as:

- ***Mindset***
- ***Nutritional Needs***
- ***Transitional how to steps***
- ***Clean Eating Guides***
- ***Issues families face***
- ***Tips and Tricks for whole family wellness***







## Mindset:

This module addresses the two core mindset states that we all carry and how our belief systems are created. The module also covers where and how our belief systems are created which fundamentally influence how we experience the world, including the ways to reprogram and improve our lives.

## Purpose:

- To create an understanding of the topic through facts and science
- To teach families how to identify their belief systems and ways to alter and improve as needed
- To offer tips to effectively coach and work with kids to instill healthy belief systems and habits





## Understanding Typical:

This module exposes the guidelines and standards in our current system and where they were created. It includes base nutritional needs, samples and guides of clean foods required including alternatives to daily favorites.

### Purpose:

- To create an understanding of nutrition through historical facts and nutritional science
- To teach families how to determine and uncover their nutritional needs
- To offer tips, guides and samples on what and how to transition for better health







## Gut Health:

This module provides an understanding of the importance of the roots of our health. By way of understanding the fundamental causes of disease and nutritional deficiencies this module supports ways to improve our health starting with our foundation.

## Purpose:

- To create an understanding of the cause of disease through biology and science
- To teach families how to identify physical and psychological issues linked to the roots of our health
- To learn ways to improve and heal common and disruptive health issues





## Less Stress:

This module covers a widely known topic and how it affects your health from a psychological, behavioral and biological perspective. It includes how to identify stress and most importantly what to do about it with tips and tricks to circumvent the onset of it with your family.

## Purpose:

- To create an understanding of the impact of stress on the mind and body for the whole family
- To teach families how to identify situations where stress is present
- To learn ways to reduce stress thus creating the opportunity for wellness from a foundational level







## Sugar:

This module covers an ingredient widely over used and links it to reduced health and increased corruption of our body's intended system functionality. This module also covers ways to reduce the use of sugar in meal preparation but also in circumventing the desire for it by the whole family coupled with tips and tricks of how to reduce its effects on your family.

## Purpose:

- To further education on a widely known damaging ingredient
- To teach families how to reduce its consumption





## The How To:

This module covers the benefits of eating clean from a multitude of aspects including physical health, psychological stability, and increased community and family connection. While many families desire to and have the recipes to eat clean, the psychological methods to increase the consumption of with reduced resistance and increased desire within the family is covered with a variety of tips, tricks and support for a lifelong joyful experience with clean food.

## Purpose:

- To provide scientific evidence of the benefits of eating clean
- To teach parents the language and methods of how to transition efficiently and effectively
- To offer examples of boundaries, rules and support that can be used in real time for proper and foundational caretaker support





# Crystal Clear Kids

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