

NUTRITION + DETOX

Coaching Certification

COACHING CERTIFICATION 6-MONTH COURSE OUTLINE



MONTHS 1 thru 3

**Art + Science of Using
Nutrition + Detoxification
to Reverse Chronic Illnesses**



MONTHS 4 thru 6

- **Launch your Business**
- **Get Clients**
- **Heal your Community**

COURSE CURRICULUM



NUTRITION + DETOX

MONTHS 1 THRU 3

WEEK 1-2

4 Stages of Reversing Chronic
Illnesses w/ Metabolic Nutrition

WEEK 3-4

Client Intake Preparation
Taking a Life Saving
Health History

WEEK 5-6

Macro & Micronutrients:
How they Harm or Heal
Supplements

WEEK 7-8

Ultimate Liver Detox
Healing Tissue Damage Syndrome

WEEK 9-10

Building a Whole-Health Team to
Support You & Your Clients

WEEK 11-12

Eat Real to Heal - 2 Week
Nutrition + Detox
How to Research like a Queen

WEEK 13

Final Exam & Presentation





COURSE CURRICULUM



BUSINESS PLAN + LAUNCH

MONTHS 4 THRU 6

WEEK 14

Claim your Niche
Claim your Business Model

WEEK 15-16

Selecting your Audience
Marketing Strategies that Work
CRM Management

WEEK 17-18

Crafting Your One Page High
Converting Website
Be Your Own Graphic Designer

WEEK 19-20

Building accurate Business
Financials
Insurance, Trademarks, Permits
and more

WEEK 21-22

Get paid to public speak, deliver
workshops, and courses
25+ Business Opportunities

WEEK 23-24

Your Success Map
Lead Generation 101

WEEK 25

Launch your Business





WHAT IS 22 MILLION STRONG?

A 7,200 KM Bike and Run Tour Across Canada in 2023



MISSION



22 Million Strong is a decade-long initiative with the intention of educating 22 million people from all over the world on how to reverse their chronic disease using food as medicine.



VISION



Nicolette is gearing up to ride and run across Canada, set to take off in the summer of 2023. With a goal of completing 7,200 km, she plans on connecting with BIPOC communities across the country to uncover the barriers to accessing clean, real, fresh, whole foods and educate on how to reverse chronic disease using food as medicine. Nicolette and her team intend to work with the communities to implement co-created solutions that will lead to chronic disease reversal, food sovereignty, and economic development.



ABOUT NICOLETTE RICHER



Nicolette Richer is an Orthomolecular Health Educator, certified Max Gerson Health Trainer, Psych-Kinaesthetic Facilitator, PhD Student of social sciences, author and speaker. She is a savvy natural wellness facilitator, a former environmental and sustainability consultant and a mother of three brilliant girls. Nicolette has an insatiable desire to learn, educate and change the world.

Like a wellness warrior, Nicolette transforms people with chronic illness or cancer into conquerors of their condition through nutrition, detoxification and positive stress shifting tools. She created The Green Moustache Café, Richer Health & the Nutrition+Detox Wellness Centre and Sea to Sky Thrivers Society to spread the message of optimum health through sharing meals, experiencing nutritional healing and building a team of educators to support their communities.

She wants everyone to know how human health and environmental health are inextricably linked. Nicolette speaks regularly to captivated audiences on the subjects of healing cancer and chronic disease.



FOR INQUIRIES CONTACT US



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