

# Introduction to Mind Body Elevate



# WELCOME

Together, we are working to see if the Mind Body Elevate Group Coaching Program is a perfect fit for you.

In this brief starter pack, I want to ensure you have a full understanding of:

1. Exactly how Mind Body Elevate works.
2. How the process helps you heal and optimize both your physical and mental health in order to achieve your goals.
3. Proof that the process I teach in Mind Body Elevate works.

Plus there's a short exercise for you to complete. The exercise will give me a full picture on where you currently are with your health and mindset and how I can best serve you moving forward.

**Keep in mind that the exercise contained in this guide must be completed before our upcoming call.**



# A BIT ABOUT ME...



ARJAKA

Hey, I'm Lianna Nielsen!

I'm an Integrative Nutrition Health & Wellness Coach and creator of Mind Body Elevate, and I'm very excited that you're one step away from being in the program!

In this guide I'm going to get you prepared for your 45-60 minute discovery call coming up.

You may already know a bit about me, but if you don't, let me briefly tell you my story...

I'm an Integrative Nutrition Health and Wellness Coach, but before that I was just a girl from Maine who grew up in the woods playing outside barefoot and eating organic food from the farm down the road.

After graduating with a B.A. from the George Washington University in Washington D.C., I moved to New York to pursue my creative dreams. I was running around NYC, acting and bartending, when I got sick with an undiagnosable autoimmune disease.

I saw doctor after doctor with no clear answers, so I was forced to take matters into my own hands. I read everything I could find about intestinal inflammation (which is the only information I was given) and learned that the array of awful symptoms (PCOS, skin issues, hair loss, allergies to all raw fruits/veggies/nuts, severe anxiety and depression, abdominal weight gain, and chronic intestinal bleeding), I was experiencing, stemmed from the health of my gut. Further research led me to a book that would change my life: "The Microbiome Diet" by Dr. Raphael Kellman.

I spent 6 months rebuilding my microbiome (the little bugs that live in your intestines and control everything from your brain function to your metabolism) through diet, lifestyle and mindset shifts and it slowly healed my body. What was most exciting was, that within just 12 days of changing my diet, I saw huge shifts in not only my physical health but my mental health. I was shocked and fascinated--I needed to learn more.

The only program I could find that was addressing the microbiome and the mind/body connection was offered by the Institute of Integrative Nutrition. I immediately enrolled to become a health coach. I spent the next few years building my company in New York while still acting. I was working privately with clients, teaching

nutrition classes for performers at The Maggie Flanigan Acting Conservatory and guest-lecturing at NYU. I loved what I was doing and started to notice that with most of my clients there were deeper root causes creating the excess weight, fatigue, hormone imbalance, gut dysbiosis, etc. and that when we addressed those issues as well, their bodies healed. Simultaneously, once we started to improve diet and the health of their physical body they would have success in other areas of life, as everything is connected. This led me to also study personal leadership and development work under Kathleen Schaefer, founder of the Human Being Store.

Today, I combine both my health coaching and leadership and development training with my own healing journey to teach people to listen and connect more deeply to their bodies, creating health, vitality and clarity. I have a holistic approach to nutrition and strive to create balance in both physical and mental health, which leads to alignment in all other areas of life.

I truly believe that everyone has a right to feel great in their body and it's my passion to help people achieve it. Through incorporating proper nutrition, lifestyle changes and mindset shifts, we create optimal health and life satisfaction.

**You deserve to feel AMAZING--inside and out!**

Nutrition started me on my healing journey, but it wasn't until I was able to develop a deeper sense of listening and trust of my own body did I completely heal. Addressing mindset, shifting my perspective and incorporating meditation, allowed me to transform my relationship with my body, mind and purpose.

As much as I loved acting, I realized that having a positive impact, helping others to heal, teaching people to listen and trust themselves and empowering them to follow their dreams (as silly as that might sound) was my purpose. Through this process I get to watch people find and fall in love with themselves all over again--and there is NOTHING better than that!

**Through this process, I, as well as many of my clients, have healed our bodies, discovered true purpose, and created lives we love!**

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Now you know my story, let  
me share with you how the  
Mind Body Elevate Coaching  
Program works...

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# HOW MIND BODY ELEVATE WORKS

Mind Body Elevate is a 12-week program that includes weekly group mentorship calls (90-120 min), two one-on-one calls (1 hour), and a large assortment of course materials (educational documents, recipes, book recommendations, etc.) to help you heal and optimize your physical and mental health to create a life you love!

You're going to learn exactly what foods work best for your body, how much sleep and exercise you need, and the proper forms stress management. We will uncover your limiting beliefs, discover how you are getting in your own way and how you are keeping yourself small. You will be given neural reprogramming tools to help improve your mental habits and mindset. Through this process you will learn to listen and deeply trust yourself, which will empower you to stay healthy, connected and self-guided for the rest of your life.

You're also going to have an accountability partner and access to the Facebook group to ensure you're supported and held to your highest possible standard in a tribe of like-minded people.

Here's a snapshot of the process you will be guided through:

## *The M.B.E. Blueprint*

**Mind**

**Body**

**Elevate**

Awareness,  
Conscious  
Choice,  
Mindfulness,  
Neural  
Reprogramming

Detox,  
Nourish,  
Sleep,  
Movement,  
Gut Health,  
Self-Care

Individualized  
Nutrition &  
Lifestyle Plan,  
New Healthy  
Habits,  
Mindset Shifts,  
Self-Trust

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Let me break down how  
each phase in  
Mind Body Elevate  
works...

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# Phase One : Body



We will start the program detoxing off of processed foods, sugar, gluten and dairy to essentially return your body to "factory settings." This process will start to heal your gut (therefore create more mental clarity, focus, enhance creativity and elevate mood), improve your sleep, lower inflammation in your body, resensitize your tastebuds, eliminate physical cravings to foods that behave like opiates in the body (sugar, gluten, dairy and processed grains), and allow us to become more attuned to your body's natural rhythms and cravings.

Through this 10-day detox (where you can eat as much healthy, whole food as you'd like--no calorie counting or any of that nonsense) we will learn more about your relationship to food, what your emotional and stress habits are when it comes to eating, and what foods are best for your specific body, goals, lifestyle and preferences.

After the 10 days we will slowly reintroduce other foods depending on your preferences, goals and cravings. Through this process together, we build out a sustainable and individualized eating plan.

As this is an anti-inflammatory diet, it will help heal and/or rebalance the gut, improve sleep, create glowing skin, and allow for weight-loss (if the body needs it).

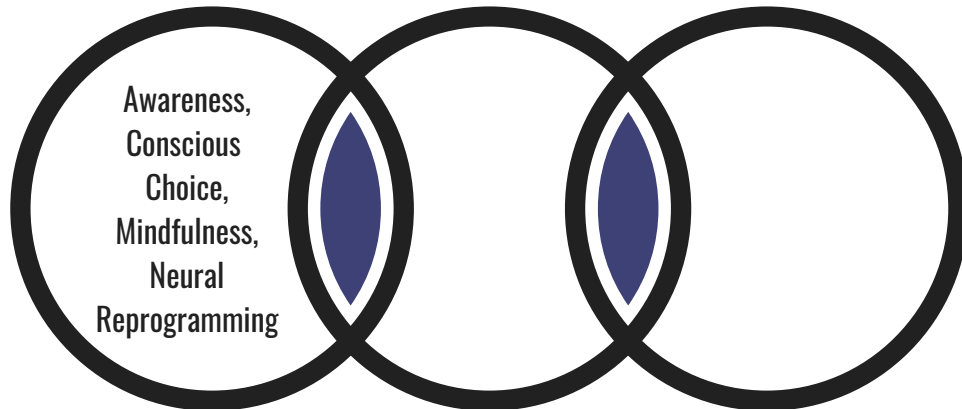
This detox is used as a tool to enhance health and vitality and allow you to get more connected to your body's natural rhythms.

During this phase we will also examine your sleep, exercise and self-care habits and begin to adjust them accordingly.

Through this process you will develop a deeper sense of listening and trust that will help us in the next phase of the program, as well as become powerful tools that you will have for the rest of your life.



# Phase Two: Mind



Once we begin to optimize your physical health you'll start to notice a shift in your mental health, as your gut and brain are very closely connected.

Throughout the first phase you'll be asked to pay close attention to how your diet and lifestyle changes are affecting the quality of your thoughts, feelings, mental clarity and focus.

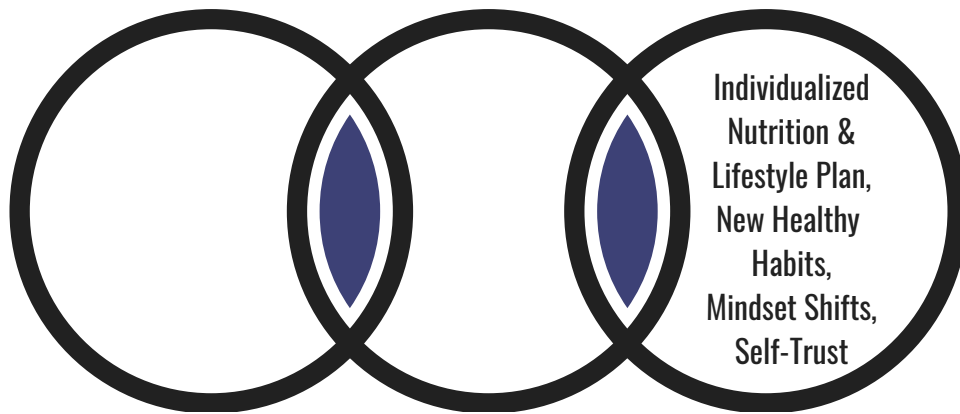
Taking time to create this new sense of awareness allows us to discover the root causes of unhelpful habits, negative thought patterns, and mental blocks that are keeping you unhealthy, stuck, or afraid of moving forward in any area of your life.

We will introduce different meditation, mindfulness and neural reprogramming tools to empower you to make the mental shifts necessary to attain your goals.

This is an exciting phase as you get to know the inner workings of your own mind better. You will gain powerful tools to help you navigate whatever life may throw at you and start to trust your inner compass above all else.

This new sense of listening and self trust brings clarity, confidence and empowerment.

# Phase Three: Elevate



In this final phase you have clarity on what you need to eat, how much you need to sleep, and what self-care habits are best for you to feel amazing in your body.

You'll also have a better understanding of how your mind operates and the tools to stay centered, focused and connected to yourself -- even in the toughest times.

This phase focuses on solidifying those new habits so they become second nature.

Through phases one and two, you will gain clarity on what the next steps are for you, whether it's to continue to heal or improve your health and/or relationship with your body, pursue a new goal or relationship, or leave a situation that you've outgrown. This phase will also be about taking those next steps forward with support.

Leaving this program you will have a comprehensive understanding of your body and mind that will allow you to be the expert of your own life. After this program you will have developed a much deeper sense of listening and self-trust that allow you to be empowered and self-directed. You will have these physical and mental tools for life, plus a comprehensive understanding of science-based nutrition, blood sugar balance, how to maintain a healthy gut, and how to keep **your** body healthy. You will have the clarity, tools and confidence to take your health and life to next level--and create a life you love!

# FAQ's

## About Mind Body Elevate



## CAN THIS WORK FOR ME?

Absolutely! Everyone starts this program in a different place but if you commit to showing up with an open mind, trying new things, and learning to cultivate a heightened sense of awareness there is no way you will leave this program unchanged.

The process is simple and straight forward and I always meet everyone exactly where they are. We build an amazing support system, so it's a safe environment for people to share, grow and learn from one another.

What I teach allows you to be creative in your own way while following a blueprint that has been proven to get results. I've spent years coaching people through this process and it's been very powerful.

This program is for you if you:

- Want to improve, heal, and/or optimize your overall health (physical & mental)
- Are curious about nutrition and what foods work specifically for your body
- Are ready to remove mental blocks, negative thought patterns and stories that keep you small
- Want to learn to connect deeply your body and inner wisdom
- Would like to be able to decipher your body's signals and cravings
- Are ready to master your mindset
- Want to improve your sleep, exercise, and stress management habits
- Are sick of dieting and diet culture
- Want to get clear on your purpose or the next steps to achieve your goals
- Are ready to cultivate more self-love
- Want to learn how trust your own inner compass
- Want to love and feel empowered in your body

## WHAT RESULTS CAN YOU GUARANTEE?

While I can't guarantee specific results because everyone starts in a different place physically, mentally and emotionally, I **can** guarantee that if you put in the work you will:

- Feel better both physically and emotionally
- Have a more comprehensive understanding of how your body and mind function
- Understand what your specific body needs in terms of diet, sleep, exercise, stress management, self-care, and mindset tools
- Create more balance and harmony in your life
- Gain clarity on what's next for you and have the tools to go after it
- Learn to decipher cravings and listen to your body's wisdom
- Develop self-trust and tools to master your mindset
- Create new, healthy, sustainable habits
- While I don't like to focus too much on this, because I believe health and how you feel in your body are most important--if you need to lose some weight, you will

Put simply, if you're a good fit for the program and you bring your drive and passion, you will see positive results.

## IS THIS A SYSTEM THAT HAS BEEN FULLY DEVELOPED?

Absolutely! I've been coaching for over seven years and studying health, wellness and mindset mastery in order to heal my own body, for over ten. I'm certified through the Institute of Integrative Nutrition with additional specializations in both gut and hormone health. I've also been trained in Personal Leadership and Development through The Human Being Store.

I've worked with a variety of clients, taught many classes, guest-lectured at New York University on these topics and every single student and client has received positive results. This work is what I used to heal my autoimmune condition, find my purpose, and create a life I love!

# I'M INTO THIS AND THIS SEEMS LIKE A GREAT PROGRAM, BUT MY SIGNIFICANT OTHER ISN'T ON BOARD YET - HOW CAN WE SOLVE THIS?

I'd love to invite you to show your partner this very guide, talk to them about your experience so far and invite them onto our upcoming call. If you plan on doing so, please notify me beforehand.

This allows all of us to be as transparent as possible while you make a powerful decision for the future of your life and health and we want to make sure it's something that your partner supports.



# SUCCESS

## STORIES



# Testimonials

"Working with Lianna was an absolutely amazing experience. Her knowledge, her passion and her unfailing desire for her clients to succeed, combined with her own unique goofy grace is truly inspiring.

I came into the program expecting to learn how food affects my body and how to solve some dietary issues. What I came away with was so much more. I learned to actually listen to my body and respect the voice within. What started with awareness of how I felt physically naturally expanded to how I felt mentally and how diet and meditation (and a myriad of other tools) can bring insight and calm. For the first time I actually feel like my body and my mind are friends, no longer in constant battle.

Working in a group was also an incredibly inspiring and motivating aspect to the program. Having a support net of incredible people who are going through their own battles was comforting and helpful. I learned just how much joy there is to be found in seeing others succeed around you!

A million thanks to Lianna and I am looking forward to continuing the work with her in 2022!!" — Laurie F.

"I had no idea what to expect when taking the program. I thought maybe I would learn to eat healthier but I got so much more. For the first time in my life I understood self-love and began loving every part of me. My whole life changed and I realized I needed to also work on self-worth so I did the program a second time and Lianna guided me to another amazing revelation about my worth.

When I look at the version of me who started the program I can see she was an unhappy version of me but I also have to thank her for doing the program because it was the best thing I've ever done for myself IN MY LIFE. Do not wait, do not push it off, do not let the money hold you back from starting to actually live your life. YOU ARE WORTH IT and so is this program."

— Jessie J.



## Testimonials

"Where do I begin? Towards the end of Lianna's course, I was trying to remember why I signed up in the first place. My partner quickly reminded me that I felt awful and was uncomfortable in my body. I forgot what prompted me to join the course because what I gained from the course far surpassed my mostly superficial reasons for signing up.

I learned how to harness my power and tune into what my body, spirit and mind actually needs. With Lianna's help, I realized that even though I was "overweight," I was working out too hard and, as a result, was doing more damage than good. Just following simple steps of eating foods from her detox list, sleeping more, not punishing my body, being nice to myself and trusting my gut in every area of my life resulted in major de-puffing and making my entire digestive system work again! I feel physically better than I have in years and the knowledge that Lianna instilled is something I cannot un-know or forget. For that, I am forever grateful to Lianna.

The group program was also amazing because of the group work. Lianna attracts incredible people and weeks after the class has ended, I am still in touch with my cohorts and they are inspiring and a constant encouragement in my life."

— April R.

"Before joining, I felt disconnected from my body and struggled with self-love and acceptance. I have struggled with IBS, emotional eating, inflammation, and unspecified autoimmune disorders affecting my day-to-day life for years. Since joining this program and working with Lianna, I have learned to listen to my body in a way that I have not achieved in previous attempts. In the first few weeks, there was a significant and noticeable change in my physical appearance. More importantly, I noticed an internal shift in how I view myself and how that impacted my weight loss process.

I highly recommend Mind Body Elevate because it works! Lianna is passionate, knowledgeable, and genuinely committed to helping her clients achieve their goals and improve their lives. This program brought me a new sense of community and amplified the importance of meaningful connections in the mind and body healing process".

— Ilea D.

## Testimonials

"Walking into the Mind Body Elevate program I wasn't sure what to expect. Would I immediately become skinny? Would all of my dreams come true? Would it all suddenly become "easy"? I quickly found out the answer to those questions. Spoiler alert, it's "no".

I've spent my entire life chasing something - I'm not sure what - but something. I found myself saying "I'll finally be happy when I achieve THIS" or "I'd finally love myself if I could look like THAT". This program immediately corrected my path to realize that I already had the tools to be happy, I just wasn't using them. At all. Like, none.

Honestly, what I wanted was to sign up, lose a ton of weight and pass along this amazing secret to someone else. But I got something completely different - and way better. I got an education with amazing tools. I got an unbelievable support system with people who will be in my life forever. But most important, I got me back.

It's hard work, but worth it. There were tears, but most of them happy. Mistakes were made, but I never lost focus. I knew that each week, I would pour my heart and soul out to my dearest friends and walk away with a game plan for the week ahead.

I've tried everything and I've done it all when it comes to health and wellness. This program is completely different. The tools are great, but the support and guidance provided by Lianna is the magic sauce. If you sign up and do the work, your life will be better. Promise."

— Chris C.

"I joined this program because I wanted to look better and thought that by looking better I would feel better about myself. Through the 3 months of working with Lianna in her group setting, it finally sank in that my outward appearance has very little to do with my inward feelings. I definitely learned how to eat better for my own body as well as gaining a better understanding of the emotional ties I have to food. But the most important practice I found through the program was the importance of being present.

Before the program, I never really understood what that phrase meant - "being present." But through group discussions, one-on-one sessions, and time with myself, I started to figure it out and it has helped me as I go through the daily stresses of being a mom, a partner, and just a human in general. I'm able to calm myself down in stressful situations and better focus on identifying positive solutions. As a mom of teenagers, it is making all the difference. And it's made me a generally happier person."

— Kara F.

## Testimonials

"Before joining, I had successfully completed a lot of therapy work for trauma and binge eating disorder that I'm very proud of. However, because of this I was in a rut of eating comfort foods daily, and had a difficult time getting back to healthy food that I genuinely love.

I thought I had entered the program to only focus on physical health, but I grew so much emotionally as well. Not only is Lianna an extremely personable and empathetic person who feels like your best friend, she offered insight to my life balance that I haven't been able to gain in years of psychotherapy. With her guidance, and the support of the amazing women in my weekly meetup group, I have begun to seriously tackle a major issue in my life that I didn't even seek to solve in this program!

And I did make major strides in my physical health. I lost weight safely, my chronic hip joint pain dissolved, and I have a lot more energy!

Mind Body Elevate is definitely one of the best things you could spend your money on for yourself. Happiness and health are worth it!"

— Tabitha L.

"My struggle with health has been a lifelong one. By all accounts, I look like the picture of a healthy young woman — but I battle fatigue and an utterly sensitive stomach. Before, and even during the program, I would often make choices that I knew hurt my physical well-being as well as my emotional well being.

What I love about working with Lianna is her deep understanding of the connectivity between all of our parts. In working with her, she lets you be the guide and set the tone for what you want and need from her as a coach. I really appreciated that, so much so that I consider my journey only *beginning* after completing the 12 week course!

She allowed me the space to really identify the crux of my decision-making struggles (and their consequences) and I'm very excited to enter a new year with more of her guidance that we will now be able to hyper-target and, hopefully, unlock an entirely new level of healing that makes room for a beautiful life. I've learned that that part is up to me, and I look forward to the accountability Lianna will continue to bring to my life! I encourage anyone to invest in themselves, through Lianna."

— Caitlin R.

## Testimonials

"Hello! My name is Tricia and I just wanted to scream from the mountain top about the life changing experience I had working with Lianna and joining Mind Body Elevate.

Before meeting Lianna I was using food as a punishment and drinking daily to avoid the chaos I believed my life was. I am a recovering anorexic, and even though I didn't think I was actively in my eating disorder, I was. I was still withholding food, and using it as a weapon to try and quiet my internal voice that was telling me I wasn't worthy. I would wake up everyday with massive anxiety and never truly know about what.

No one ever taught me the right foods were something that could make not only the voice be more quiet, but also make my body feel good, say what?!? I am 45 years old and had no clue what my body wanted since I spent the last 30+ years depriving it of nutrition and filling it with vodka. Avoidance was number one on my to-do list, daily.

Since joining MBE, and getting through the scary, at the time, detox, I've never felt better. During the detox, the first thing I noticed is my anxiety went from a 100 to a 1, almost immediately, thank you no caffeine and alcohol!! I didn't come to Lianna looking to lose weight, but just by circumstance I lost 11 pounds, lowered my cholesterol and blood pressure.

During the 12 weeks, I definitely had my ups and downs, but I rarely strayed from what foods I now know, work for me. If I did stray too far off the path, my brain definitely let me know by increasing my anxiety and depression, which is pretty cool for me, since I used to be clueless!

Lianna has truly changed my life, providing tools, resources and support, on how my body and brain can be happy together instead of being completely separate things. I've never enjoyed eating as much food as I now am, knowing I am feeding both my body and my soul.

If you're wondering if you're worth the time, energy and money to join MBE, you are! You'll be grateful to yourself for the gift MBE truly is."

— Tricia N.

## Testimonials

"Before joining Mind Body Elevate I was in a space where I felt like my life was spiraling and I had no control of my destiny. I was defeated, depressed and deeply searching for a way to course correct. I felt helpless. Unhealthy. And had been dealt one devastating blow after the other. I was under water. I wasn't eating and when I did eat I was left feeling worse.

And now since joining my trajectory has completely changed. Living my life now is like day vs. night. There is so much power in having the knowledge to heal your body. Internal health is just as important as external. The foods I choose to eat now feel like positive fuel for my body everyday. I also know how to jumpstart myself if I'm ever off track for any reason. Everyday I wake up and I'm excited to live my life. I'm thrilled because I get to operate at my highest potential and through this program I learned the tools to equip me to live my very best life. It's truly amazing. I highly recommend Lianna and her Mind Body Elevate Program."

— Tialer M.

"Before joining Lianna's program, I was completely uneducated on how food impacted my day to day life. Struggling with yo-yo dieting after spending most of my life calculating my health solely on my weight, I finally had a breakthrough in understanding my mental blocks around food and health. Realizing emotions aren't really separate from nutrition has been a huge shift for me. I don't know where I'd be right now without Lianna's accountability, and the space she holds for everyone in this group. My energy has been renewed. Do this program, you will be so glad you did!!"

— Kristin S.

# Please

# Complete the

# Following

# Exercise



Now, I'd like you to complete this short exercise prior to our call. It will help determine how I can best serve you.

Go through each section below and fill it out *to the best of your ability*. There are prompts at each point to help you along.

Keep in mind that you don't have to print this off, you can just write the questions & answers on a piece of paper and just bring it to the call.

The reason for doing this is to prepare you because the questions we ask you on the call will be related to the questions below. Good luck!

## GOALS

Please be as specific as possible.

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## WHAT IS YOUR PURPOSE BEHIND THESE GOALS?

Go as deep as you can here. Why do you REALLY want this? What's the deeper reason for wanting to feel or look better?

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# WHY DO YOU NEED A COACH RIGHT NOW?

How would your life be different if you had someone guiding you along your journey?

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# CHALLENGES / OBSTACLES

What is holding you back from achieving your goals right now?

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