

# Naturopathic Circles



## WHAT ARE NATUROPATHIC CIRCLES?

Welcome to my Naturopathic Circles. Along with teaching you how to make delicious healthy plant-based recipes inside Be Good cooking school, each month I'll also be teaching you about a specific topic relating to plant-based health. These seminars will be split into two different areas:

1. Nutrients - specific nutrients you need to focus on while eating a plant-based / plant-rich diet
2. Holistic Health - other areas important to your wellbeing - influenced not only by what you eat, but other lifestyle factors as well

These are the areas I work with my private one-on-one clients on, in order to help them achieve their very best health. So I'm excited to share these with you now too. As an Essentials member, you'll have access to the downloadable printable handouts for each of these seminars; while as a VIP member, you'll get access to both the handouts and the full length video seminars.

