



## WHICH **PERSONAL HEALING** PROGRAM IS RIGHT FOR ME?

PROGRAM	TYPE	DESCRIPTION	WHY DO THE PROGRAM?	DURATION TIMING COST	WHAT'S INCLUDED (WHAT'S NOT INCLUDED)
<b><u>21 Days of Creativity to Change Your Life</u></b>	Personal healing; online; self-directed	A program to help increase creative expression in daily life	To bring creativity into every aspect of your life through activities	<ul style="list-style-type: none"> <li>• 21 days</li> <li>• Starts immediately</li> <li>• \$15-50</li> </ul>	<ul style="list-style-type: none"> <li>• PDF with daily lessons and short videos</li> <li>• Guidebook</li> </ul>
<b><u>Nourish Your Whole Self</u></b>	Personal healing; online; self-directed	A program for daily inspiration on food and eating	To cultivate a holistic, whole-food, whole-self approach to healing and nourishment	<ul style="list-style-type: none"> <li>• 56 days</li> <li>• Starts immediately</li> <li>• \$29</li> </ul>	<ul style="list-style-type: none"> <li>• PDF with 50 daily lessons</li> <li>• Guidebook</li> <li>• eBooklet with 7 colorful recipes</li> <li>• <i>No set recipes or meal plans to follow</i></li> </ul>
<b><u>The Rainbow Diet: 21 Days to Colorful Vibrancy &amp; Abundant Energy</u></b>	Personal healing; online; self-directed	A program to encourage eating colorful, plant-based foods  <i>(Note: All diets fit this program.)</i>	To have simple tips and tools for eating more whole, colorful foods, without a lot of science or extensive food preparation	<ul style="list-style-type: none"> <li>• 21 days</li> <li>• Starts immediately</li> <li>• \$21</li> </ul>	<ul style="list-style-type: none"> <li>• PDF with 24 lessons with short videos</li> <li>• Guidebook and Food Tracker</li> <li>• Color-coded food lists</li> <li>• eBooklet with 7 colorful recipes</li> <li>• <i>No set recipes you must follow</i></li> <li>• <i>No meal plans</i></li> </ul>
<b><u>Whole Detox</u></b>	Personal healing; online; self-directed	A daily guide for following the Whole Detox program  <i>(Note: Book not included)</i>	To have structure in following this holistic detox program	<ul style="list-style-type: none"> <li>• 21 days</li> <li>• \$29 (<i>does not include cost of book</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• PDF with daily lessons and short videos</li> <li>• Guidebook</li> <li>• <i>Whole Detox book must be purchased separately</i></li> </ul>
<b><u>Healing with the Rainbow of Health</u></b>	Personal healing; online;	A 7-month journey through the chakras, covering life issues, body, & foods	To enrich and deepen one's healing and health	<ul style="list-style-type: none"> <li>• 7 months</li> <li>• \$777</li> </ul>	<ul style="list-style-type: none"> <li>• Weekly video recorded lectures</li> <li>• Bi-weekly live webinars with Dr. Minich</li> <li>• Dedicated Facebook community</li> </ul>



## WHICH PROFESSIONAL PROGRAM IS RIGHT FOR ME?

PROGRAM	TYPE	DESCRIPTION	WHY DO THE PROGRAM?	DURATION TIMING COST	WHAT'S INCLUDED (WHAT'S NOT INCLUDED)
<b><u>Certified Food &amp; Spirit Practitioner Program</u></b>	Professional certification; CEUs available; online	Certification program for health professionals to learn the fundamentals and application of Food & Spirit	To broaden one's clinical tool kit with a science-based holistic system	<ul style="list-style-type: none"><li>• 12 weeks didactic + 8 weeks practicum</li><li>• Offered once every 1-2 years</li><li>• \$2995</li></ul>	<ul style="list-style-type: none"><li>• Weekly lesson videos</li><li>• Live webinars</li><li>• Proprietary client assessment tools</li><li>• Practicum to provide support and mentorship from Dr. Minich</li><li>• Closed Facebook group</li></ul>
<b>Systems Nutrition Course</b>	Personal healing or professional; online	Course consisting of the latest science- based information on nutrition	To learn a systematic and science-based approach to nutrition	<ul style="list-style-type: none"><li>• 16 weeks</li><li>• Offered every 1-2 years</li><li>• \$495</li></ul>	<ul style="list-style-type: none"><li>• Weekly lecture recordings</li><li>• Bi-weekly live webinars</li><li>• Closed Facebook group</li></ul>