

Foundational Radiance:

Personalized Meal planning with food sensitivity testing. Our Foundational Radiance cor plan is designed to help you discover the perfect meals for your body, health and taste preferences. We begin by understanding your unique needs with a comprehensive food sensitivity test provided by our partner. Check My Body Health.

Using a small sample of your hair, the food sensitivity test analyzes your body's response to over 970 food and non-food Items. This helps us Identify potential triggers for symptoms like fatigue, bloating, headaches and more.

With your personalized food sensitivity report, we create a custom meal plan to optimize your nutrition and eliminate problematic foods. Here's how we personalize your meal plan:

1. Tailor your taste: We take into account your food preferences and dietary restrictions to ensure you love every bite.
2. Nutrient optimization: We focus on nutrient-dense whole foods to support your energy levels, digestion, and overall well being.
3. Meal Variety: our meal plans feature a diverse selection of delicious and satisfying breakfast, lunch, dinner, and snack options to keep things fresh and exciting.
4. Easy to follow recipes: We provide simple, step by step instructions for preparing each meal, making it easy to stick to your plan and achieve your wellness goals.

By combining The insights from your food sensitivity test with our expertise in nutrition, we create a personalized meal plan that serves as the foundation for your radiant, vibrant life. Say goodbye to guess work and hello to a happier, healthier you with Foundation Radiance.

Empowered healing: Addressing trauma in the Foundational Radiance Program.
At Foundational Radiance we understand that past traumas can impact your relationship with food and overall well being. Our holistic approach to wellness includes supporting our clients in their healing journey by gently addressing and acknowledging the effects of trauma.

1. Safe and compassionate environment: We prioritize creating a safe place for clients to share their experiences and feelings without judgment. Fostering trust and understanding.
2. Mind and body connection: our mindfulness practices encourage deeper connection between mind and body, helping clients tune into their needs and emotions more effectively.
3. Personalized support: We recognize that each person's healing journey is unique, so we tailor our guidance and support individual needs and goals.

4. Collaboration with Mental health Professionals. When appropriate please seek counseling and other medical professionals.
5. Gentle nutrition: our personalized meal plans focus on nourishing the body while considering potential triggers,encouraging and compassionate relationships with food.

Incorporating trauma-informed care into the Foundational Radiance program empowers clients to navigate their healing journey with greater self awareness,self compassion and support. Together we work towards a Radiant, balanced and Fulfilling life.