

Quick Start GAPS with Certified GAPS Coach Suzy

Here is how it works:

You're going to have an experienced Certified GAPS Coach by your side for the next 4 weeks.

Our goal together is simple: Get rid of your acid reflux.

We'll start by getting together on a free 30 minute video call.

I'll explore your situation.

Quickly get to the root of the issue causing you the most severe problems

You'll get a customized plan that will enable you to make simple changes in your life so you stop the annoying and life-consuming pain.

I take you by the hand and walk you step-by-step and support you through the process so you succeed.

Each week we'll meet for an hour by video to make two recipes, and discuss your progress, challenges, and next steps.

You will make the third recipe at home that week.

With a coach at your side, you can't help but succeed.

Between calls, you can ask any questions in a private google doc.

You'll also get recipes, recommended lists, weekly video lessons, and how-to guides for your exact situation.

To get the most out of Quick Start GAPS and our four weeks together you will begin eating some of the foods you make, however, you will **not** begin the GAPS Diet or change what you are currently eating in any drastic way.

Only adding as directed.

"I feel better equipped to start implementing aspects of GAPS and more confident with it than I did before." N.R.

I want you to live without acid reflux like I have and my clients have.

What's your part in this acid reflux removal program?

You need to be serious about stopping acid reflux

You need to commit to the 4 weeks which means

You show up to each of our scheduled meeting

You complete the steps and assignments each week

You enjoy the process of eating with pleasure

I asked Michaela D.

What stood out for you in the video lessons?

She said: "What was really superb was that I could definitely feel that you are passionate about what you are doing and that you are not just out for making money. Often our video calls took longer than the booked hour and for you that was no problem at all."

I'm looking for 5 people who are serious about stopping acid reflux and getting their life back.

I will only help 5 (one-on-one) at a time so I can focus on each person and support them through their journey so it isn't scary anymore.

This life-changing investment is guaranteed to eliminate your acid reflux for \$500. and free kefir grains!

That's \$125 a week for me to spend an hour one-on-one with you. It's gonna cost you more than that for omeprazole (prilosec), esomeprazole (nexium), or lansoprazole (prevacid), to keep guessing, and further testing.

So I ask you, is it worth \$18 a day ...about the price of dinner to get on the path to get rid of your acid reflux?

What do you feel is the biggest value in Quick Start GAPS?

Micaela B. "One value I found is because you have themes, theory to present and recipes already in the program there isn't a way back. Each Tuesday when

we met I knew I was going to learn something else from the theory, like what was the reason behind, and also I knew I was going to perfect a recipe. It was nice to have you as a coach because I could do the program by myself. Finding time to do some reading and experiment with the recipe but having you by my side I knew I was not going to fail. You could respond to any question on the spot, at that moment. It was nice having you next to me in the kitchen giving me comments, advice, or tips, when to shake the bottle or what to do with a specific recipe.”

Kitty “Learning how to make the basic building blocks of the GAPS program and learning how to use them.”

If you’re serious about this here’s what you’ll do:

First, you will fill out a simple questionnaire so I get a snapshot of your life. Then we will jump on a video call to see if this is a good fit for you. If so, you’ll make the \$500 payment and we’ll be on our way to stopping acid reflux forever. And free kefir grains!

[Click here.](#) Choose Quick Start GAPS Appointment.

“Thank you very so much for your help! I can highly recommend your Quick Start GAPS!” Michaela D.

“I honestly appreciate all the help you've given me and how you've stretched me a bit more in the kitchen making healing foods. I don't feel like I'm done by any means, but just reached a plateau with my time and want to master some of the things I learned from you before continuing onto the next stage and steps.” N.R.

“Some things you didn’t ask me that I would have said: As a coach, you’re very patient. Even when I asked the same question multiple times or couldn’t find information you’d already sent you were very kind about it. Also, you are a wealth

of information. The book is great but it doesn't cover everything. Also having someone be so confident that GAPS will help my symptoms to improve has been reassuring. I've tried so many plans and treatments that I feel very jaded about ever really feeling better. So having a positive voice has been encouraging to me." Andrea