**Clutch Coupon**

FRONT (horizontal)

beth lindley, LLC (business name, left)

Treat Yourself

Free Beautiful From The Inside Out Strategy Session

with Certified Raw Food & Health Coach, Beth Lindley

30 minutes, focused entirely on you

(a $50 value, free)

Compliments of David Rios Salon & Spa

To book your strategy session, simply go to: <http://bit.ly/BFtIO>.

BACK (vertical)

Q. & A.

What is Raw Food & Health Coaching?

Raw food coaching helps you go or stay raw to the level that you truly desire to get you to where you want to be.

Health coaching helps you connect the dots between what you eat and how you feel. You’ll know how to regenerate your body and delight in what you eat like never before – without restriction.

Who benefits from this work?

Smart, service-oriented ladies and gents on the go who want to support their bodies to stay healthy or prevent/correct disease so they can live extraordinary lives without crashing, getting sick or neglecting their own health.

**Raw food is literally for everyone**, but the degree to which someone goes raw and for what duration is a very personal decision.

Generally speaking, raw food & health coaching are great for anyone who wants to…

* Stay healthy
* Look or feel better
* Slow down the effects of aging
* Prevent diseases from developing all together
* Double their energy
* Detox their body
* Think more clearly
* Get a lot done without having a lot of time
* Feel happier

What happens in the initial consultation?

This 30 minute phone call is a time to discuss your unique health challenge(s) and desires. I guarantee you’ll walk away with at least 1 aha about why you’re stuck and more clarity about what it’ll take to put you on the fast track to where you want to go.

Insert my photo here

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202-285-8191, bethlindley.com

Afraid of getting cancer?

Decide to get healthy because it’s time…

Get your FREE Cancer Prevention & Response Toolkit at bethlindley.com TODAY!