

# Essentials30

## What Every Body Needs!



dr xavier & associates  
MEDICAL CLINIC | OUR EXPERIENCE MAKES YOURS

### Lose 1 to 2 pounds a week (up to half a stone in a month!)

Our Essentials30 plan is comprehensive healthy living programme that embraces the power of a well-established '30-days to healthy living' programme and combines it with guidance from our experienced clinic team to help you reach your health goals.

## About Essentials30

Essentials30 plan is not a medically supervised treatment like Alevare, and the weight loss is slightly slower, but you are provided with **personal nutritional support** and assistance (in person or via zoom) with our certified nutritionist as well as a simple **step-by-step guide**, and optional access to a **supportive Facebook group** for daily motivation and a **sense of community**. Of course, what you bring to the table is your



willpower and desire for a more healthful life.

We selected this 30-day programme for our **Essential30** plan because over the last decade, it has helped thousands and thousands of people a round the world to develop healthier habits and go on to achieve their healthy living goals.

## What are your health or weight loss goals?

Whatever your health goals are, our Essentials30 plan can help set you on the path to achieving them. If asked to write your healthy living goal down – what would you write?

*"I want to have..... I want to feel..... I want to be....." -*

What would YOU write in the blanks?

- **Lose weight?** – How would it feel to drop a dress or belt size? Or more?
- **Create healthier eating habits, but unsure where to start?** - How better will you feel with that clarity?

- **Have more energy?** – With better energy levels, what more could you achieve in your day?
- **Improve your gut health?** – Would it be good to know you are better supporting your health?
- **Feel less bloated?** – How much more comfortable will you feel?
- **Improve your mood or boost your confidence?** – What would a more confident you achieve?
- **Improve your skin?** How would you feel with more radiant skin?
- **...Or do you want to know you are fuelling your body better each day for a healthful life?** - What would that knowledge mean to you?

## How does Essentials30 work?

There are 2 different versions of the programme – the first for **WEIGHT LOSS** and the second acts as a **BODY RESET** to help you establish healthier eating habits for longer-term health and achieve the kinds of goals listed above. Typically, you can expect to lose 1 to 2 pounds (0.5 to 1kg) per week over the 30 days in a safe and supported way while supporting your body with the right kinds of clean nutrition. You can continue with the 30 days plan until you reach your desired weight, and you'll learn healthier habits along the way that you can continue with, to help you in the future.

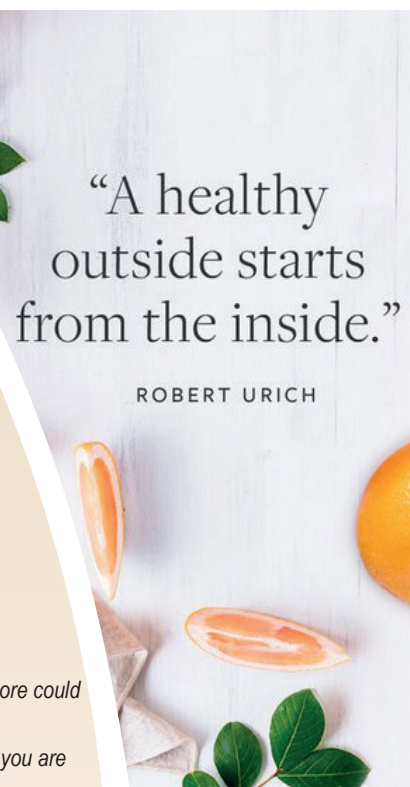
The programme helps you to identify foods you are eating that might not be serving your body, while focussing on adding in nutrient dense, whole foods into your diet supplemented with clean nutrition,

While on the plan, you avoid eating common allergens such as gluten, dairy and soy. Many people experience discomfort from eating these in their diet, but they don't realise these are the cause. By temporarily eliminating them from your diet, it helps you to identify whether you feel better without them or in moderation.

On the plan you won't feel hungry, and you won't be laboriously counting calories! You will learn to listen to your body's cues that tell you when to eat or drink with a steady diet of balanced nutrients that's higher in protein and lower in processed carbohydrates and sugars. This keeps your body's energy level consistent throughout the day, so you avoid the energy slumps that can lead to snacking and over-eating.

We provide you with the plan, the supporting nutrition, the tools you need, and you of course provide the willpower and desire to achieve your health living goal.

- ✓ Feeling more energized
- ✓ Feeling less bloated
- ✓ Clothing fits better
- ✓ Feeling more focused throughout the day
- ✓ Seeing improvements in the look and feel of skin hydration, radiance and overall health



# Essentials30 – “What the HECK do I eat?”

There is so much confusion (or noise!) these days around food and healthy living!

- We don't know what diet, or supplement, or Instagram influencer or TikTok'er to follow.
- Do we count calories or carbs, macros or micros?
- Do we eat paleo or vegan or pegan, or keto or vegetarian or carnivore?

There is an endless list of choices which can often end up confusing us! We all know that a confused mind does nothing or makes bad choices or it just gives up and ends up drowning its sorrows in a large tub of very delicious procrastination-flavoured ice cream!

## Essentials30 – A holistic approach to weight loss and healthy living

Food is not just fuel for your body. It is information, it is instruction. Food is code that programs your biology with each bite, in real time. It's affecting your gut's microbiome, your metabolism, your whole biochemistry, it can influence your whole health and it can influence your brain and your mood.

While there's not one diet for everyone, everyone can find a way of healthy eating that works for them. The one thing that nutritional experts can agree upon, is that it doesn't matter if it's vegan or Pegan or pescatarian or carnivore or paleo or a Mediterranean diet or whatever, the key is to focus on whole foods and reduce your reliance or exposure to the refined sugars, the ultra-processed foods, the refined flours, and ultra processed seed oils. The Essentials30 plan helps you achieve this.

## Essentials30 – Supporting your gut health and microbiome.

Your microbiome is a diverse collection of billions of good and bad bacteria in your gut that play a crucial role in not only breaking down and the absorption of the food you eat but also has a significant effect on many other areas of your health. The food you eat has a **direct effect** on your gut health and on the microbiome living inside you! **Why is this important? There are several reasons!**

The healthier your gut microbiome is with the good bacteria, the more efficient you will absorb the nutrients you need for a healthy body. Beyond that, a healthy gut microbiome is crucial to your **immune system**, your **bowel movements**, your **weight regulation**, managing **inflammation** throughout the body and not just in the gut. It even affects your **mental health** through what is called the 'gut-brain axis' because the microbiome produces chemicals that influence your brain function and mood regulation. Finally, your gut health can also affect your skin! There's no doubt that the food we eat impacts on our skin's health and appearance! If we lived on junk-food for several days, it's pretty certain that our skin is not going to look its best, so your **gut health** has a direct impact on your skin too.

The effect of a bad diet on your gut health literally affects your mental, physical, and skin health! **HAPPY GUT, HAPPY YOU!!** So, let's make happy happen for YOU with our Essentials30 plan.

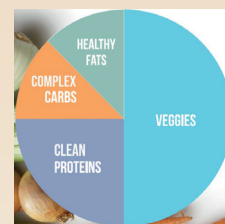
## Essentials30 – What are the RESULTS?

**TYPICAL WEIGHT LOSS RESULTS: AROUND HALF A STONE PER MONTH (simply repeat the programme until you reach your desired healthier weight).**

In a **clinical perception study**, carried out with a group of people seeking body health reset goals using the 30 days to healthy living plan, more than 80% of participants reported feeling and seeing noticeable improvements in their body, skin and overall wellbeing, or feeling they were able to achieve their personal healthy living goals after completing the 30 days plan. Others reported, feeling more energised, less bloated, their clothes fitted better and they felt more focused throughout the day. These results speak for themselves.

A typical day on the 30 days plan will see you eating:

- 1) A combination of healthy whole foods and loading your plate in a way that balances the essential nutrients from vegetables, clean proteins, nutrient dense carbohydrates and healthy fats.
- 2) You will be supplementing your day with clean nutrition supplements and products so you will be eating regularly throughout the day so won't feel hungry!



## How to get started?

It all starts with your 30-minute consultation with Dr Xavier, where we get to know you and your weight loss or healthy living goals. The consultation is also your opportunity to ask questions and for you to get to know us too! The consultation can be in person at our Southampton or London clinic, or it can be on zoom if that is more convenient.

**This initial consultation costs £50.00.**

**The plan includes:**

### 1 - YOUR NUTRITION SUPPORT PACK

The pack includes 9 clean plant-powered products from a leading clean nutrition brand that Dr Xavier personally uses and recommends helping you make your healthy living journey easy and delicious! The product bundle is discounted and if bought separately would cost £457.00. The products are gluten free, low GI, vegan certified and your bundle is customisable.



### 2 - 30 DAYS TO HEALTHY LIVING GUIDE

A step-by-step guide to help you through the 30 days programme as well as sample meals plans, hints and tips and motivation.



### 3 - FOUR 1-2-1 SUPPORT CALLS WITH OUR NUTRITIONIST

Keep in touch with us to keep on track either by telephone or zoom, whichever you prefer. Cara is our in-clinic Certified Nutritionist, and her role is to help support you and answer your questions each week.



### 4 - FACEBOOK COMMUNITY GROUP

You can choose to join a private Facebook group full of great resources, daily tips and for that sense of community with other like-minded healthy living enthusiasts.



### 5 - FREE WELCOME GIFT PRODUCT (UP TO £97)

As well as free shipping, you can choose a free welcome gift product from a pick-me list that includes nutrition and skincare products up to a value of £97!



### 6 - FREE SHIPPING (WORTH £6.95)

Your supporting nutrition bundle will be sent direct to your door via courier, or you can choose to have it delivered to our clinic and collect it there. whichever is more convenient.



**You receive all of this for £370 - so at £12.33 per day it is excellent value!**

*(If purchased individually, the value of all the products and services would cost over £600)*

**Remember, some of this £12.33 per day is covered by the money you won't be spending on the bad stuff so it could save you money as well as get you healthier! Let's get you started!**



**Dr Xavier**  
Medical Director

*"The 30 days plan embraces the concept of clean nutrition, which I am passionate about."*



**Martin MacKenzie**  
Clinic Manager

*"The nutrition support products on the 30 days plan have the most incredible certifications that today's conscious consumers are looking for."*



**Cara Hayden**  
Certified Nutritionist

*"Essentials30 is all about connection! The interconnection between our gut, body, mind, and skin – it truly is healthy living from the inside out!"*

**For more information or to book a NO-OBLIGATION CONSULTATION call us on 023 80 637 638 or visit [www.xavier-g.com](http://www.xavier-g.com)**

**Dr Xavier & Associates Clinic, 25 Queen's Terrace, Southampton SO14 3BQ**

**Some treatments also at Dr Xavier's Clinic, 140 New Cavendish Street, London W1W 6YE**



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