



Wellness X Two  
Freedom for Your Health



# Welcome

We are Rachelle and Georgette Chrisostom and are thrilled to work with you! We know firsthand what it's like to struggle with health issues and feel lost with all the information (or lack of information ) coming your way. Our dream for you is that you are able to find freedom in your health while living in sync with your body. Personally, we've dealt with hormonal imbalances, thyroid issues, mold toxicity, Lyme disease and so much more. Our studies along with our personal experience have equipped us to provide you with personalized care that meets your specific needs. We believe that our bodies were designed to heal themselves, but they can only do that when they are functioning optimally. As you pursue your healing journey, it's important to remember that everyone's healing journey looks different. We are here to meet you right where you are and walk through the ups and downs with you!

In this service guide, you will find our four different package offerings, testimonials of past clients, and frequently asked questions. Please note that the maintenance package can only be started once either the 3 or 6 month packages have been completed. Take time to read and evaluate which package option will best meet your needs. Once you've decided on your ideal package, schedule an info call with us so we can start getting to know one another! We look forward to meeting you!

Are you ready for a health transformation?

Let's get started!

Rachelle + Georgette Chrisostom  
CNC

IG: @WellnessXTwo

# Start-Up Package #1

This is a 4 week package for the woman who wants further guidance in getting started on her health journey, but is unsure if she's ready for a monthly commitment. This package will give her a taste of how Rachelle and Georgette can help her start on her health journey and see if an extended package would be a good fit. She will work 1:1 with Rachelle and Georgette and receive customized support for her specific needs.

## IF YOU WANT:

- 1:1 support with two Certified Nutrition Coaches.
- 1 Hair Tissue Mineral Analysis (HTMA )test with a review of findings call with Rachelle and Georgette.
- Help with PCOS, mold toxicity, thyroid conditions, autoimmune disorders, gut health, hormone imbalances, anxiety/depression, sleep disorders + so much more.
- Meal plans customized to fit your specific macro + micro nutrient needs as well as other nutritional concerns.
- Assistance in identifying the root cause answers to your specific health struggles.
- Targeted support to help you reach your health goals.
- Help learning the basics of nutrition that can be a starting point for her journey.
- Guidance on how to recognize when your body is in need of extra support before possible serious illnesses develops.

## INVESTMENT:

\$399

Up front one-time payment.

## INCLUDES

- 1 HTMA test with lab results review.
- Two 30 minutes calls
- Two customized meal plans + food journal
- Will be provided with supplement recommendations as needed.
- Four question credits to be used through email correspondence.
- Additional resources as needed.

# Foundation Package #2

This is a 6 month package for the woman who is in the beginning stages of her health journey. She is seeking the proper tools and foundational elements to guide her as she embarks on this healing journey. She will be able to use these tools and elements long after completing this program.

## IF YOU WANT:

- 1:1 support with two Certified Nutrition Coaches.
- 1 Hair Tissue Mineral Analysis (HTMA ) test with a review of findings call with Rachelle and Georgette.
- Help with PCOS, mold toxicity, thyroid conditions, autoimmune disorders, gut health, hormone imbalances, anxiety/depression, sleep disorders + so much more.
- Meal plans customized to fit your specific macro + micro nutrient needs as well as other nutritional concerns.
- An easy to understand, yet an in depth process to learning the foundations to nutrition that can be sustained long-term.
- Help finding root cause answers to your specific health struggles.
- Help as you start your health journey, so you no longer feel bombarded by information.
- The ability to recognize when your body is in need of extra support before possible serious illnesses develops.

## INVESTMENT:

**\$519/month**

OR \$2900 up front for a discount!

\*Other discounts cannot be applied to the up front payment price.

## INCLUDES

- 1 HTMA test with lab results review.
- Twelve 30 minutes calls.
- Twelve customized meal plans + food journal
- Will be provided with supplement recommendations as needed.
- Twenty-four question credits to be used through email correspondence.
- Additional resources as needed.

# Flourish Package #3

This is a 3 month package for the woman who has a general understanding of her health, but feels like she could use some support in diving deeper into the root cause of her health issues. She will work 1:1 with Rachelle and Georgette and receive customized support for her specific needs.

## IF YOU WANT:

- 1:1 support with two Certified Nutrition Coaches
- 1 Hair Tissue Mineral Analysis (HTMA )test with a review of findings call with Rachelle and Georgette.
- Help with PCOS, mold toxicity, thyroid conditions, autoimmune disorders, gut health, hormone imbalances, anxiety/depression, sleep disorders + so much more.
- Meal plans customized to fit your specific macro + micro nutrient needs as well as other nutritional concerns.
- Help finding root cause answers to your specific health struggles.
- In depth guidance to reach your health goals.
- Help learning the basics of nutrition that can be sustained long-term.
- The ability to recognize when your body is in need of extra support before possible serious illnesses develops.

## INVESTMENT:

\$539/month

OR pay \$1500 up front for a discount!

\*Other discounts cannot be applied to the up front payment price.

## INCLUDES

- 1 HTMA test with lab results review.
- Six 30 minutes calls
- Six customized meal plans + food journal
- Will be provided with supplement recommendations as needed.
- Twelve question credits to be used through email correspondence.
- Additional resources as needed.

# Maintenance Package #4

This is a month to month maintenance package and is only available for clients that have completed a 3 or 6 month package with us. This package can be used as additional support as you progress in your healing journey. This is an optional package to be used as a supplemental resource and is not a fully comprehensive program.

## IF YOU WANT:

- Additional accountability after completing a program.
- Bi-weekly evaluations of your progress.
- Continued support and in-depth guidance to reach your health goals.

## INVESTMENT:

\$300/month

## INCLUDES

- Two 20 minutes calls each month.
- Will be provided with supplement recommendations as needed.
- Four question credits to be used through email correspondence.
- Additional resources as needed.



# TESTIMONIALS

“Georgette and Rachelle have been helping me with my health challenges for 8 months now. They have been able to help me make lifestyle changes to help my internal and external health issues! Dealing with hormones, gut health, acne, and so much more has been stressful to say the least, but these sisters know what they are talking about and have helped every step of the way. They didn’t just tell me what to do, what to take/eat, but they took the time to explain why they are recommending each item or health change. I love the fact that they explain why they are recommending certain things and how it’s going to effect or heal the issue you are dealing with! I truly recommend their services!”

- Rabiha D.



# TESTIMONIALS

"I feel so blessed to know Rachelle and Georgette as people AND nutrition coaches. Looking back on my health journey, I realized that I was easily persuaded to get on easy medications that a doctor was pushing that ended up harming my body more than helping my body. I have ended up having lasting effects from these medications. For example, I unfortunately, have had a long history with Birth Control and also have taken the dreaded Accutane. Now as I am trying to clean out my body and start fresh with a natural approach, I have turned to the Chrisostom sisters for help! They have given clean alternatives for everything from makeup products, to supplements/daily vitamins, and household cleaning products. I have also talked with them to start the process of preparing my body to come off of birth control in the coming months and they are already discussing game plans with me! These two ladies are WONDERFUL and I HIGHLY recommend them to anyone looking for a Nutrition Coach!"

- Alex B.





# TESTIMONIALS

“I was diagnosed with Hashimotos and PCOS 12 years ago and I tried for years to figure out what supplementation would be best for my symptoms and hormones. Through Georgette and Rachelle, I was able to set a solid supplement routine and know what to add to my diet to help regulate my hormones and start feeling so much better. I am so thankful for how they made it so simple and easy to understand when helping me be able to help my body thrive more and lessen my symptoms that these two diagnoses bring. It was way less stressful with their help than when I was trying to figure it all out on my own! Couldn't recommend them enough!”

- Alexis G.

# Frequently Asked Questions

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## ARE CONSULTS IN-PERSON OR VIRTUAL?

- Consultations are done virtually through zoom. You will receive a zoom link prior to each call.

## WHAT IS THE BENEFIT OF 1:1?

- You will receive individualized plans that cater to your needs and get the benefit of working with two Nutrition Coaches whose goal is to help women find freedom in their health.

## WHAT IS YOUR HEALTH BACKGROUND?

- We are both Certified Nutrition Coaches. Our credentials along with our personal health experiences has equipped us to provide you with individualized support and guidance as you work towards healing.

## WHAT RESULTS CAN I EXPECT?

- Results are specific to each person, there is no one size fits all approach or result. We will work with you to find your specific needs so you can reach your individual health goals.

## DO YOU TAKE INSURANCE?

- No, we do not accept insurance.

## DO YOU FOCUS ON WEIGHT LOSS WITH CLIENTS?

- No, we do not solely focus on weight loss with our clients. We believe that in order to find complete healing, the root cause of health issues must be addressed. Simply losing weight will not solve every issue. Weight loss might happen as a result to giving your body the nourishment it needs, but that will not be our main goal.

Still have questions?

Schedule a call using THIS LINK ([HERE](#)) or email us via [wellnessxtwo@gmail.com](mailto:wellnessxtwo@gmail.com) and we'd be happy to help you!

# READY TO GET STARTED?



If you are ready to begin transforming your health, and you have an idea of which program you would like to choose, click the link below to set up a complimentary call. We can answer any questions about programs offered + make sure that the plan you have in mind is a good fit for you. We are looking forward to speaking with you!

SCHEDULE A CALL + GET STARTED!

"We believe our bodies were designed to heal themselves, but they can only do that when they are functioning optimally."

- Rachelle + Georgette

