



Unlock Your Best Self with the R³

Are you ready to take control of your health and wellness in a way that's sustainable, science-backed, and truly life-changing? R³ is designed to empower you with the tools, knowledge, and mindset you need to thrive in every area of your life. Throughout your self-paced program you will dive into the following topics:

WHY R3? & THE R3 FORMULA

Discover the foundation of R3

PURPOSE, FAITH, & FULFILLMENT

Uncover your deeper purpose and align your actions with your values for a more meaningful life.

OUR HOMO SAPIEN BIOLOGY & TODAY'S FOOD INDUSTRY

Learn how your body is wired and how the modern food industry manipulates our choices.

CULTIVATING WILLPOWER

Get comfortable with challenging yourself while building unshakeable willpower.

MASTERING MINDSET

Gain the skills to set and achieve goals.

OUR MODERN-DAY PLEASURE DILEMMA

Understand the connection between pleasure & addiction.

MIGHTY MICROBIOME

Appreciate the critical role of gut health in our overall well-being.

FOUNDATIONAL NUTRITION

Master our strategic approach to prioritize your health and stay on track.

CUSTOMIZING CALORIES & MACROS

Learn to tailor your nutrition to meet your unique needs and goals. You will choose from one of 3 protocols focusing on real, whole foods, low carbohydrate approach, or nutritional ketosis as a metabolic therapy.

RESTORATIVE FASTING

Harness the power of fasting to improve energy, focus, and longevity.

AWARENESS ESSENTIALS

Explore techniques to increase mindfulness and presence, empowering you to live a more fulfilling life.

MOVEMENT = LONGEVITY

Explore how intentional movement promotes a long and vibrant life.

REST TO RESTORE

Unlock the secrets to restorative sleep and its profound impact on your health.

NUTRITIONAL THERAPY

Understand how to use nutrition to heal, energize, and optimize your body.

CREATE A MOVEMENT

Step into your new life as a leader of your own health and a role model to others.