

A smiling woman with curly hair, wearing a blue long-sleeved shirt, is the central focus. She is positioned behind a large, vibrant bowl filled with a variety of fresh fruits and vegetables, including oranges, lemons, limes, grapes, broccoli, and bell peppers. The background is a bright, indoor setting with a blue wall and a window with blinds. The overall atmosphere is positive and health-focused.

Carb Clarity Program: Empower Your Wellness Journey

Unlock the secret to optimal carbohydrate intake with the Carb Clarity Program. This personalized approach focuses on self-guided exploration, symptom monitoring, blood sugar regulation, and mindful eating with whole foods. Gain a deeper understanding of your unique carb needs and their impact on your overall health and wellness.

KA by Kirstin Newton



Key Concepts and Program Structure

1 Self-Guided Carb Exploration

Understand that the perfect carb amount for you can only be determined through personal exploration. Employ mindfulness and nutritional science to identify your own ideal carbohydrate balance.

2 Symptom Monitoring

Identify the signs of both low and high blood sugar to better understand your body's needs. Use symptoms like energy fluctuations, mood instability, and cravings as guides to fine-tune your carb intake.

3 Blood Sugar Regulation

Discover the critical role of balanced blood sugar for overall health, including hormone balance and thyroid function. Implement strategies to discover your unique carbohydrate threshold.

4 Whole Foods and Mindful Eating

Focus on whole, nutrient-dense foods that foster a healthy relationship with carbs. Practice mindfulness to enhance your body's response to different levels of carbohydrate intake.

Each week of the Carb Clarity Program includes: 20 weekly recipes, sample menus, learning materials, interactive Q+A/coaching session with our integrative nutritionist, and mindful eating practices.

Program Outline

1

Week 1: Foundations of Carbohydrate Understanding

Introduction to macronutrients, understanding carbohydrates, blood sugar regulation, determining carb and calorie needs, exploring carb intake levels, and personalizing your carb intake.

2

Week 2: Hormonal Health and Managing Carbohydrate Levels

Adrenal fatigue, dietary strategies for boosting energy, female hormonal imbalances, thyroid function and low carb diets, risks of excessively low carb intake, managing PCOS with diet, and insulin resistance.

3

Week 3: Optimizing Carbohydrate Management and Supporting Gut Health

Recognizing signs of low carb intake, strategic timing of carb consumption, carb cycling, nutrition for exercise, gut health and the microbiome, managing SIBO and low FODMAP diets, and potential challenges with low carb diets.

4

Week 4: Exploring Ketosis and Intermittent Fasting

Nutritional ketosis, the ketogenic diet, avoiding keto flu, understanding intermittent fasting, and weighing the benefits and downsides of fasting.

Program Details

Pricing

Individual Rate

\$400 per person

Friendship Rate (2 people)

\$300 each

