

THE HFF MISSION

We at the Healthy Family Formula acknowledge that chronic illness, malaise, and poor health are on the rise with fewer families feeling supported, in good health, informed, and free of dis-ease.

Our goal is to help turn that trend around by helping people to help themselves.

✓ People are feeling tired, overwhelmed, and under-supported without the proper knowledge and guidance they need to confidently manage their own healthcare and that of their children.

✓ Children and adults are being diagnosed with chronic illness at alarming rates.

✓ Our elders are slipping through the cracks of our healthcare systems.

✓ Caregivers are feeling an intense level of burn-out due to stress, ill health, and the fast-pace of modern life.

✓ People are looking for better care, more information, and increased support.

In response to the dramatic decline in the health of our modern population, HFF Practitioners aim to turn this trend around through our consulting, coaching support, and actionable healing plans, revolutionizing health one empowered family at a time.

Health Empowerment Coach *Training Program*

GUIDING PEOPLE INTO THEIR OWN POWER
TO REMEMBER THEIR INATE WISDOM
TO RECLAIM A STATE OF DEEP WELLNESS

 HFF Academy



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What is an HFF Holistic Health Consultant?

To meet this challenge, we at the HFF have created a one-stop shop for your healthcare needs, where the information is gathered, distilled, and presented in a way that creates deep and lasting transformation of health. The Healthy Family Formula and our coaches provide an empowering personal experience based on the following functional health and holistic care principles:

✓ Collaboration between the client and the healthcare support the client chooses to work with to:

- Identify health challenges--their roots and contributing factors through a variety of holistic assessment methods.
- Create a clear, personalized plan to improve and then maintain the client's health.

✓ Education through quality, cutting-edge information:

- Understanding health is multi-factorial and is an on-going journey; therefore, we at the HFF highly value and present new information, anecdotal real life experience, and current exploration and research.

✓ Support when needed and delivered in the best way possible:

- Everyone has different needs, and the HFF has a program and healing plan delivery model that is flexible, sustainable, and comprehensive.
- Support is offered in a variety of ways in order to enhance our clients' experience and increase their chance of success when putting their personalized healing protocols into action.



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HFF Coaches and Consultants go through a thorough training through the HFF Academy consisting of a 6-module live training, hands-on mentorship by our Director, Carla Atherton, quizzes, assignments, a practicum, and a comprehensive final exam.

The Healthy Family Formula approach is based on a combination of functional/holistic nutrition and clinical functional/holistic medicine. We understand the body has a natural, innate ability to heal and maintain health if given the right tools.



We seek to empower families to build health through incorporating & executing lifestyle changes, nutritional therapies and protocols, and healthful habits in ways that are supportive, integrative, and paced so that the changes become permanent and lasting rather than quick and temporary. We aim to help families to move beyond coping and patching, from stress and burn-out, to a state of true health and vitality.

It's about time that we focus on health-care, not sick care. It's about time that people receive the healthcare that will make a truly positive impact on their lives. The Healthy Family Formula's mission is to help people to move from a space of powerlessness and uncertainty to feeling confident in their health decisions.

WELCOME TO THE REVOLUTION!

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