

Nourish

Welcome to Nourish,

Thank you for taking this meaningful first step toward supporting your health. Starting something new can feel big, and I want you to know—you're not doing it alone. You're here, and that already matters.

As a **Registered Nutritional Consultant Practitioner (RNCP)** and Reset Coach, my role is to guide you with realistic, evidence-based support that fits your life. There are no extremes or quick fixes—just clear steps, accountability, and a pace that feels achievable for you.

What I Do

My focus is to help you:

- understand what your body needs and why
- identify patterns affecting energy, digestion, mood, and overall function
- make changes without overwhelm
- build habits that last
- feel supported, heard, and encouraged along the way

You are not expected to be perfect—just willing to take the next step.

Before Your First Session

Please complete the attached forms to the best of your ability.

The clearer and more detailed your responses, the easier it is for me to understand your needs and support you effectively.

Communication

If you have questions at any point, you can reach me at:

WHATSAPP 6138132528

Messages are responded to within [**24 hours**] during business hours.

Cancellation Policy

If you need to reschedule, please provide [**24-hour notice**].

I'm truly looking forward to supporting you as you take the next steps toward feeling better and building lasting change—one step at a time.

Warmly,

Jennifer Pacheco, RNCP

Registered Nutritional Consultant Practitioner

Reset Coach

Nourish with Jen