



# Connecting the Dots

## Group Nutrition Masterclass



## The Five Dots of Lasting Wellness

No fad diets or guesswork here - just real nutrition science made simple.

You'll learn how to transform your health in four months by addressing and connecting **five dots: Diet, Digestion, Detoxification, Deficiency Testing, and Diagnostic Testing.**

These essentials form the foundation for weight balance, renewed energy, and disease prevention - so you don't just improve your diet, you elevate your entire well-being.



### Unlock Your Potential with the Wellness Playbook

Experience the Connecting the Dots Wellness Playbook—your streamlined guide to success. Instantly access 20+ expert-led eLearning courses at KrisCross University, giving you advanced nutritional strategies your doctor can't provide. Gain life-changing knowledge to help you excel in every area.



### Supportive Group Coaching

Join bi-weekly virtual group sessions with a dynamic community of driven professionals like you. Build accountability and motivation in a safe, supportive space as you transform your health, mindset, and habits—together.



### Advanced At-home Lab Testing for Clarity

Eliminate guesswork with two advanced at-home lab tests unavailable in mainstream medicine. Assess your food sensitivities, gut health, and essential fats—so you can make confident, informed choices for your well-being.



Contact Now



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