



Crystal **Clear** Kids

Family Support Program

Guide to transitioning to healthy eating
for the whole family

The Problem

U.S. Employees average nearly three calendar weeks of sick days per year
1/3 were to care for family members

U.S. Employers pay nearly \$880 Billion in health care benefits for employees and dependents

Illness-related lost productivity costs another \$530 Billion per year



1 in 3 Adults are Obese

1 in 5 Children are Obese

1 in 10 Children have Asthma

1 in 13 Children have food allergies

35% of Children are Depressed

32% of Children are Stressed

Many of the issues children and their parents navigate are directly related to poor immune systems and food intake practices

CrystalClearKids

Crystal Clear Kids' sole intention is to rouse families to question, inquire, and investigate their food choices. Teaching kids and their caretakers the importance of making good decisions around the foods they eat is the exclusive focus of the Crystal Clear Kids (CCK) program. As such, we would appreciate the opportunity to partner with you and provide our health and wellness program for your organization.



The Objective

The goal is to train and support parents and children with their health and wellness choices regardless of where they are in their journey.



The CCK program is designed to compliment and provide the platform for the curious kid and busy parents who are active and aware but just don't realize the impact of diet choices on their overall health and wellness. Perhaps the parents are concerned their child isn't getting enough of the right nutrients and they are interested in bringing more Whole Foods in on a daily basis but they feel defeated and fear their kids just won't eat them.

The objectives of the CCK program are to support, encourage, and facilitate a step by step easy to follow system to allow every child and family to focus on what matters most: being happy and enjoying life!

An optimal time to help families with their health and wellness goals is when they have decided they want to look within and take control of their family's health to make a change for the better. Whether the inspiration came out of need, curiosity or simply a conscious desire to increase whole foods on a daily basis, the CCK program is the guidebook to incorporate changes with ease.

Accordingly, we propose to partner and implement our customized health and wellness program for families which:

- **Gives step by step instructions on how to get kids on board psychologically**
- **Provides nutritional facts and sample recipes**
- **Offers expert advice from pediatricians, child psychologists and nutritionists**
- **Strengthens the family's bond through stabilizing and balancing the body's natural ability to heal and function when its in a state of thriving from a whole food system.**
- **Increases connection to your team to promote culture and employee health**

Many children have food sensitivities and resistance, due to abnormalities in their digestive and/or immune systems.

Crystal Clear Kids actively participates in supporting wellness and creating ways to stay ahead of your company needs by providing your team with helpful, relevant content to maintain corporate equity and create opportunities for connection. All great community focused companies need an edge with quality and useful content for engagement and to support health goals.

We will advise and support in the roll out process to ensure community engagement is achieved.



The Program

The Family Support Program will provide the steps required to encourage positive change in health and wellness. Included as part of the program are the tools and resources which are designed to establish and create the foundational future for complete wellness of all families.

Products include:

- A multi-media series produced around experts such as child psychologists, intestinal specialists, nutritionists, neurologists, and sensory development specialists to name a few
- Training modules to help parents and caretakers incorporate clean and whole foods
- Weekly workbooks to instill the week's lesson proficiently
- Library of recipes
- Booklets
- Shopping Lists & Meal Plans
- Lists of recommended supplements and resources
- Weekly instructor workshops



Humans need certain essential nutrients for their bodies to function, including vitamins, minerals, essential fatty acids, and amino acids (from protein). A balanced diet rich in vegetables, fruits, protein, and certain fats is important to help provide those key nutrients.

Concluding thoughts

A diet void of additives and inflammatory -triggering ingredients, and maximized with minerals and vitamins is in everyone's best interest, regardless of age or wellness.

By rebuilding the digestive system, infusing nutrient rich foods, and providing an easy to follow diet and lifestyle plan that supports families through the journey of sustainable wellness, the ripple effect of conscious living will calibrate families to encourage and promote the healthiest and happiest life possible.

The Crystal Clear Kids program provides a full-service solution that parents can take home and follow along on their time and incorporate into their busy lives while being in charge of and feeling supported at the same time.

Every aspect is covered.

All bases are accounted for.

There are many studies of gastrointestinal problems in children and adults (Buie et al 2010 and Coury et al 2012), and inflammation of the gut will greatly increase the likelihood that the immune cells in the gastrointestinal tract will react to foods.

CrystalClearKids

About Us

Crystal Hilsley is a skilled author, child nutrition advisor, passionate clean food activist, authentic marketing specialist, storyteller, and mother. She embodies her coined tag phrase “Bringing Clarity to Eating Well and Having Fun”. The trademark talks, workshops and wellness programs Crystal delivers bring excitement in the education of our next generation teaching them the difference between real food and fake food.

Crystal received her BS in Psychology and is a Certified Master Health and Wellness Coach. She utilizes methods proven to become part of a child’s emotional DNA in her work and incorporates a variety of effective learning tools into each story, workshop, and event.

With a unique ability to deliver a poignant and relevant message to families, Crystal thrives in her role as a speaker and motivator. Crystal plants the nutritional habit seeds needed for a healthy foundation; in a lasting and impactful fashion giving way to a lifetime of health, mindfulness, nutritional awareness, and playfulness in eating well.

Crystal’s resume and specialties include: author, keynote speaker, local development programs, workshops, a special guest on multiple podcasts and tv series, brand influencer, and one-on-one coaching.

The global movement towards mindfulness and clean eating as well as whole food options being more widely available and understood is happening right before our eyes. Crystal is a driving force in empowering children to be aware of their nutritional needs and desires. Crystal has an innate ability to help children feel seen, heard and filled with confidence in their choices. She gifts them with the tools to make the best decisions for their health, now and in the future.

“Everything you put in, has an outward expression.”



TAKE ACTION

Crystal Clear Kids' sole intention is to encourage families to question, inquire, and investigate their food choices. As such, we would appreciate the opportunity to partner with you and share our health and wellness program for your community and family.

Upon expression of interest, we can confirm a date to conduct a planning workshop and discuss the most appropriate curriculum for your community.

Eat things that make you feel good!

CONTACT

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