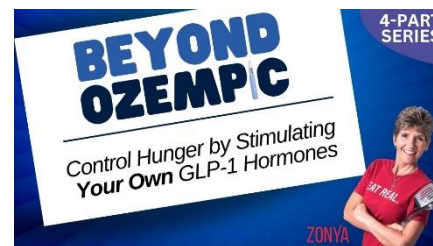


NCH

Results from 4-Week Online Program

Participants enrolled: 70
Number completed: 61 (87.1%)



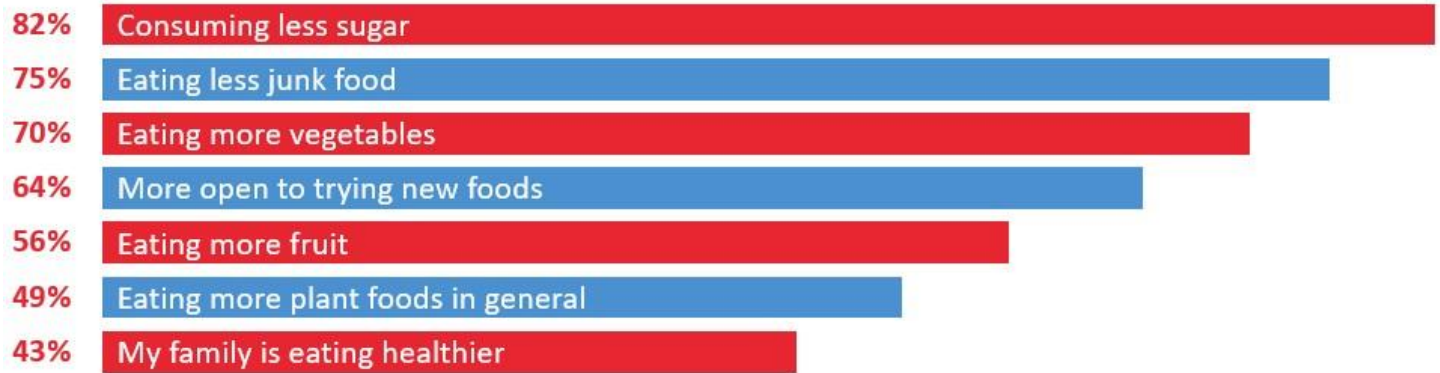
% Yes Pre	% Yes Post	The Changes They Made
8%	98%	I know which foods contain compounds that drive "food noise" and how to avoid them.
31%	98%	I understand the importance of eating 30+ grams of fiber daily and know how to achieve this deliciously.
33%	97%	I know when and how much protein I need for muscle maintenance, growth, and appetite control.
15%	93%	I understand the benefits of 1 tablespoon of apple cider vinegar (diluted) and consume it most days, easily and deliciously.
3%	100%	I know how thylakoids in certain foods support appetite control and how to include them in my diet.
3%	98%	I understand the role of bitters in appetite control and use recipes to keep my bitter taste receptors active.
36%	97%	I have an effective strategy for minimizing added sugar without overusing artificial sweeteners.
62%	98%	I eat slowly and mindfully, or I am working toward making this a habit.
16%	87%	I have a weekly meal plan (as a guide to follow) achieving the right portions, essential nutrients, and calories for me.
52%	77%	I engage in 30 minutes of resistance exercise at least twice a week and walk 8,000+ steps most days.

2.6 = The average score (out of 10) at the beginning of the program

9.4 = The average score (out of 10) at the end of the program



In what ways have your eating habits changed as a result of this program?



I feel like food controls me more than I control it.

Pre-Program	Frequency	Post-Program
24.6%	Most of the time	4.9%
36.1%	Some of the time	37.7%
23.0%	Neutral	14.8%
11.5%	Rarely	39.3%
4.9%	Never	3.3%

Percentage of Yes Answers	
100%	I feel confident that I have new (non-medication) strategies to help me enjoy food healthfully, without being controlled by it.
97%	I am confident that I can plan, shop for, and cook REAL food meals more easily than I ever have before.
75%	I have more energy since taking this course.

How satisfied were you with the program?

Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
53 (87%)	8 (13%)	0 (0%)	0 (0%)	0 (0%)

Program Cost/Benefit Data

Health Questionnaire (Yes/No forced choice)	Improved Participants	Projected Savings Per Improved Participant*	Projected Savings from Improved Health Conditions
I am taking (or about to begin taking) a GLP-1 medication.	4	N/A	
I have high cholesterol, or I am on a cholesterol-lowering medication.	9	\$7,520.00	\$67,680.00
I have high blood pressure, or I am on a blood pressure-lowering medication.	2	\$8,028.00	\$16,056.00
In the last few weeks, I feel sad or blue less frequently.	21	\$2,184.00	\$45,864.00
*Data from Vital Incite Book of Business		Total	\$129,600.00

Change in Weight (Self-reported at program start and end)	Group Weight Loss	Projected Savings Per Pound Lost*	Projected Total Savings from Weight Loss
Total Weight Change in Pounds	110.4	\$11.00	\$1,214.40

* Data from CDC

Projected Total Dollars Saved (Cost Avoidance)	Program Cost	Projected Net Dollars Saved	Return on Investment
\$130,814.40	\$9,030.00	\$121,784.40	14.5:1 (1350%)

In Their Words

Did this course meet your expectations? Please explain.

- **Absolutely - it should be a REQUIREMENT for all of our employees!**
- Absolutely, some made sense and a great reinforcement. I loved the enthusiasm and the videos.
- Beyond
- **Great course! Will be rewatching each session in future**
- **I didn't know what to expect. It came as a complete surprise, at the end of the first session, I went right out and purchased Zonya's book!**
- **I have been on a weight loss journey for the past 2+ years and this was such an informative class! I refused to use the weight loss meds and have been lifting weights and making healthy food choices. I recently started talking to a nutritionist and that along with this video series I have received the best information to help me move forward and maintain the 86lbs I've lost! (so far!!)**
- It did, I was surprised at the push for carbs

- It opened a new world of options to select wisely the type of food I eat or cook
- **it was a wonderful course, she is very knowledgeable and i enjoyed how she presented the topic and kept my interest**
- **It was very informative as I need to lose weight help kidney function. I was recently diagnosed with chronic kidney disease stage 3b and am determined to stop it from progressing forward. We are still in the testing stages to determine root cause as my blood sugar is good. I have been applying the information learned with my family improving meals/planning.**
- The links provided
- Very good information
- Very understandable and broken down nicely.
- very valuable and helpful education and tips
- Yes, got some good information
- Yes (8 participants gave this answer)
- yes , new way to have healthy life style
- yes and so much more
- **Yes because it showed me how to eat better to increase glp-1**
- Yes excellent
- Yes gave great recipes
- **yes I am the most excited about the recipes**
- **Yes I learned so much!!!**
- Yes it did!
- Yes it did! It helped me a lot and I learned much more.
- **yes it was very knowledgeable and interesting. I learned a lot about foods I didn't know before.**
- **Yes now I know how to eat smartly to stimulate my own glp1 and control my sugar craving**
- yes very comprehensive with new information
- yes very informative
- Yes! I learned so much! Easy to understand and kept me interested
- Yes, explained many concepts easy for me to understand, gave many healthy food options
- Yes, I have a better understanding how apple cider vinegar can burn the belly fat. It showed how to add fruit to salads. It stressed the importance of calcium with vitamin D and protein.
- **Yes, I learned a lot GLP hacks and nutritional information I did not know before this course.**
- **Yes, i learned things I did not know before about naturally increasing GLP-1 without medication i was thinking about starting.**
- Yes, I truly enjoyed how clearly and concisely the information was presented. It was easy to follow along and get a better understanding of the information and how to use the information provided in a logical manner.
- **Yes, I understand GLP way better**
- Yes, it gave me a lot of insight on what foods to eat.
- Yes, it was good. It helped me learn more to keep myself healthy. I eat healthier, started a protein shake, and use the YUKA app.
- Yes, more ideas of what I can do to help myself in my weight loss. How much fiber and protein I should be eating.
- Yes, thank you!
- yes, there were things about certain foods, plastics that i was unaware of
- yes, these were science-based interventions
- **Yes, this course showed me many of the errors I was making with weight loss and food management.**

- Yes, very informative and encouraging.
- **Yes, very informative and help reinforce some things I did know and introduce some I did not know.**
- **yes, we don't need drugs...**
- Yes, went above my expectations
- **Yes, Zonya is wonderful !!!**
- Yes. Zonya was wonderful & very informative.
- **Yes. I love the format. very valuable information that is quite practical and doable**
- **yes. It gave me insight in what foods are best along with recipes to use them**
- Yes. It gave me many new strategies to control my eating.
- Yes. Very thorough !
- yes. What to eat

My biggest "Yay me!" outcomes from this class have been:

- becoming healthier
- being mindful of supplemental vitamins- do you need it or not! **having a better understanding of what my body is lacking and how to naturally provide it.**
- buying smarter and planning meals better
- **Cleaning out my pantry, getting rid of plastic, and eating better. I think I can do this and I think it will be easier than I thought it would be.**
- control my sugar intakes
- Cooking all meals.
- **Cutting sugar and saying no to sweets at work when offering ice cream, cupcakes and cake to staff. Normally I would partake in these sweets.**
- Eat more vegetables and move more
- Eating healthier
- Eating healthier
- **Eating more greens and the apple cider vinegar hack. I have also tried new things in some recipes that I would not have tried before.**
- Fabulous, excellent. Thanks
- Food control. Incorporating new foods. Resistance exercise
- **Getting rid of all my plastics, eating more healthy foods.**
- **Getting rid of plastics and slowing down while eating**
- **How easy it is**
- I am able to eat more healthier options, I pay attention to labels more!
- I am already doing the walking and working out!
- i am going to be able to make better food choices
- I currently use mostly bamboo spatulas and have no non-stick cookware.
- **I feel like I can continue to implement these changes**
- I had no idea that what I was eating wasn't healthy... and here I thought it was!
- **I have been advising some friends and my wife for sure the way we choose the food we buy, I have yuka app already installed on my smartphone.**
- **I have lowered cholesterol going with a more plant based diet**
- **I have started eating thylakoids like spinach and tomatoes with breakfast and other meals.**

- I will begin eliminating plastic bottled water immediately!
- I'm trying everything she suggested
- Incorporating apple cider vinegar
- Increasing my strength training exercises
- **I've lost a few pounds!**
- Knowing how to stimulate my own glp1
- **Knowing that simple changes can make a big difference and that I really do enjoy eating healthy foods.**
- Knowing what foods to eat
- knowledge to make better choices
- Learning about all the different things that can affect my metabolism.
- **learning so many hacks (and things i've been doing wrong unknowingly)**
- Learning that I have been doing it correctly in some ways but now have a complete plan.
- less sugar and caffeine intake and healthier eating
- **lost a few pounds**
- **lowering sugar intake, using the recipes and they are delicious**
- Microplastics was very interesting to me.
- More than one
- N/A x2
- **No added sugar in my diet**
- None yet
- Omitting processed foods
- recipes and vitamins needed
- The correct order of food & when is a good time to stop eating before bed.
- The order in which to eat food
- The workouts
- **The YUKA app. The examples of good and bad protein powers. Being able to print out information.**
- Thinking about what I eat before I eat it
- Tools in my tool box
- Understanding
- understanding how easy it is to do this
- **variety of meals I can incorporate vegetables not only as a meal but snacks and desserts too.**
- **working with weights 5 times a week**
- yes

How has this course changed your thoughts about and/or plans for using a GLP-1 medication?

- Changing habits is the key
- **Confirmed that I can do it without injections**
- Definitely don't need it
- dont need medications if you are discipline
- **Don't want to do it even more now.**
- **going to do this first**
- **Haven't moved up from starter dose. Trying this first.**
- **I am going to wait**

- **I am still against using them for myself**
- **I convinced me not to try the medication. I can eat healthy and incorporate the tips and trick to activate.**
- **I do not want the medication. I would rather lose weight and get healthier naturally.**
- **I have a new pen in my refrigerator, I wanted to try it, but after this program, I'm passing on it**
- I never have a desire to take medications. So having this information on being able to increase my own GLP 1 is very helpful.
- I really wasn't considering it. I just wanted more insight on how to avoid it in the future.
- I still believe that I am not interested in this medication.
- **I still like GLP 1's drugs as they are so effective. I am going to incorporate the other elements as I come off the medication**
- I think that GLP-1 medication could be a last resort. Having this course definitely shows how weight loss can be obtained through simple changes in the kitchen and moving naturally.
- **I want to naturally make it not have to buy the medication that once stopped all the weight comes back**
- I was already not sold on the idea but knowing there is a natural way to get great results really solidified my thoughts about GLP-1 meds.
- **I was suppose to start the pill form but I may see how this goes before starting it.**
- I will hold off
- **I will use the things I learned in conjunction with my GLP medication.**
- **I would much rather do this naturally, which is sustainable and far less expensive**
- I would much rather get healthier without medication
- I would never take GLP-1 medication, no need for when you can naturally loose weight.
- **I would not use them when the real problem can be fixed through diet, control and exercise.**
- Is better to try with food wich is 100% percent effective rather than the medication.
- It confirmed the dangers that GLP-1 medications can pose.
- **It has not changed my thoughts about using the medication but it gave me strategies to improve my eating, cooking, exercising, and supplement use.**
- **Makes me want to come off of it sooner**
- My husband is trying GLP-1
- na
- Natural food is better than chemicals
- Never planned on using
- **No need to start it. So many natural ways to activate the glp hormone**
- no not really
- no, i dont want to use those
- no. I will not ever consider them
- no. never wanted to use GLP-1 medication
- reconsider how I am able to find foods considered GLP-1 as well
- still keeping it as an option
- try natural lifestyle changes first
- we can do this on our own...
- **Will try these hacks first.**
- Yes (4 participants gave this answer)
- Yes it has, I look forward to checking out the recipes online and incorporating them into my daily cooking
- Yes. Not going to use them

- **Yes, considering it is available everywhere. all what we need to do is to get to know how to select the food we are buying to naturally stimulate our own GLP1**
- Yes, I would like to lose the weight I need to thru my diet and not need to use a GLP.

Any other comments or suggestions to make this program better?

- Excellent course
- great energy
- Great program (2 participants gave this answer)
- Great program can't think of anything at this time.
- **I enjoyed it. I appreciated the pictures of product that you can find in the store and loved the recipe videos**
- **I hope Zonya offers more of these programs in future. great way to learn and earn points.**
- **I just love how thorough the program is. The pictures, the suggestions, and the recipes all help. I can tell a lot of research and hard work went into this program.**
- I love the recipes. And all her courses.
- I really enjoyed this program.
- **I thoroughly enjoyed the class and found it very helpful. I had shared some of the information with my coworkers, various ages. They had asked if someone was menopausal pre/post, on hormone therapy (pellets), thyroid medication or post baby; would there be additional hacks/tips or restrictions that would be recommended?**
- **I wish there were more sessions!**
- It was great (2 participants gave this answer)
- More information regarding how to control and reverse diabetes type 2
- N/A (3 participants gave this answer)
- N/A this has been great!!
- No (2 participants gave this answer)
- No, I think it was very easy to understand, follow along and very helpful and encouraging without making you feel guilty about not being able to lose weight.
- No. It was very well planned out & informative.
- none
- Really good
- **Spread the word. People are dying because of the way we eat. Prevention is the best Medicine. It combined basic information with a practical cooking example that motivates the course participant to improve their eating habits.**
- **Thank you - more doctors need to recommend this program rather than injectables.**
- **Thank you so much for all your help and thoughtful program! I truly enjoyed it and look forward to applying all this new knowledge.**
- The course was very educational on nutrition information and different way your body responds to what you eat.