

Eliminating irritable bowel symptoms

Working with Lisa was an extremely positive experience. I wanted to work on improving my eating habits, learning about nutrition and limiting cheat days. By the end of my program, I was able to complete all of my goals physically, nutritionally, and emotionally. I achieved a lean 155, feeling much healthier, and eliminated all of the irritable bowel symptoms I used to have. Since the start of my program, I have more balanced and sustained energy, moving from a 5 out of 10 to a 9 out of 10.

Lisa was there every step of the way, co-creating goals for a very structured program. She was supportive and flexible with in-person appointments and conference calling, as well as tweaking recommendations when things were not going as planned. Lisa's nutrition expertise, along with her commitment to getting to know her clients, allows her program to be extremely effective and fulfilling.

Patrick Luther, Novi, MI
Member, The Sports Club of Novi
July 6, 2017

Reducing stress, by more than a half

I participated in a 6 month nutritional program with Lisa. I personally thought I was well versed in nutrition and wellness knowledge, but Lisa quickly showed me that what I thought I knew was only the tip of the iceberg.

Lisa is a highly knowledgeable resource and guide (an expert) in all aspects of nutrition and wellness. Lisa takes the time to get to know you, your habits, and your tendencies in order to devise a thoughtfully laid out regimen that will track progress and which will keep you accountable.

Key areas where we worked were on improving the quality of my sleep and prioritizing self-care. As such, my stress level most noticeably decreased by more than a half since the start of my program. I am much more conscious of what I'm putting into my system. While the program may be short term in nature, I know in my case that with increasing my knowledge base, it will undoubtedly serve as a path to long term well-being.

Patrick Kendall, Novi, MI
Member, The Sports Club of Novi
June 20, 2017

Improving mood, energy level, sleep...and even relationships

A couple of things that would have prevented me from starting this program was time and cost. I knew I wanted to be healthier, but I wasn't sure I wanted to commit, or if it would really, "work." I had lot of little things I was dealing with that were compromising my overall health, but I didn't know if they were a big enough deal to spend on having a health coach.

Working with Lisa as a health coach, I was able to reach my goals in a consistent, doable manner in my daily life. Lisa guided me towards my specific health needs in ways I didn't know how, and did so by incorporating small changes and goals within a specified timeframe. By tackling one issue at a time, Lisa helped me become healthier in every area of my life- physically, emotionally, mentally, and relationally. Becoming more confident and solving a problem in one area, affected other areas of my life. It has been a superb journey.

The specific feature I liked best about the program was how Lisa found little ways to change my habits/attitudes/ways that made a big impact on my health. I loved the accountability of meeting with Lisa biweekly. She was always positive, and coached me to reach my specific goals in an organized and methodical manner. Lisa really listened to me and heard what I needed and tailored the

program to my needs, in a natural, health focused manner. I see and feel the results of Lisa as my health coach. With effort and a plan, I thankfully get to live the results on a daily basis.

If someone is interested in improving his/her health, I highly recommend working with Lisa as your health coach. I went from an attitude of "Well, this is as healthy as I can be for the place I am in life right now", to "I didn't know I could feel this together and good!" I've had significant improvement in my mood, energy level, sleep, exercise, leisure time, eating, and even relationships.

Taking the time and money to spend on yourself is not as selfish as I once thought. In turn, I have more to give those I love, more to give to my work, and more time, believe it or not, to do the things I love to do. Before, I felt stuck and out of control. Now, because of Lisa's suggestions and my work to be consistent and diligent, I feel amazingly free and in control. This journey has been worth every minute and every penny. I have a life that feels good all the way around, and it's all been done naturally!

Sue Segerstrom, Novi, MI
Member, The Sports Club of Novi
April 21, 2017

Clearing out brain fog, addressing inflammation

I have read many books on nutrition and how it impacts inflammation. I recently read a book that stated diseases such as Alzheimer's is caused due to inflammation in the brain and that this inflammation is impacted by the foods we ingest. Due to the fact that I have struggled with word finding and brain fog for quite some time, I knew I had to start adjusting what I was eating. Even though these books outline what to eat, it was rather complicated and sounded extremely unappetizing.

After completing a detox program with Lisa, it was obvious that she is extremely knowledgeable and would be able to help me figure out how to approach this issue. After completing a medical/health history, she was able to zone into areas that I should address. I could not get over how my word finding has dramatically improved and my brain fog lifted. It was interesting to know that it was not just adjustments to food that I needed to make but also to sleep.

While some of my food selections have changed, I still enjoy eating and it has been fun to try new recipes. I don't feel restricted about the amount of food I can eat, just needed to adjust what I eat. Happy that I do not have to weigh food or count calories. She has made this process easier and less daunting than it seemed. In addition, I have lost ten pounds from dietary changes. This was a wonderful experience and I feel I have the understanding of how to continue towards gut and brain health in order to decrease inflammation.

Mary Connolly, Plymouth, MI
Member, The Sports Club of Novi
October 24, 2016

Learning how to eat healthily

Thank you for teaching me how to make wise choices to eat nourishing foods and the importance of reading between the lines of labels during our sessions together. I feel now I know how to have a sustainable healthy lifestyle for myself and family.

Lisa Vucinaj, Northville, MI
Member, The Sports Club of Novi
July 11, 2016

Losing weight

My top three goals upon starting the 6 month program with Lisa were weight loss, practicing mindful eating & getting back to running consistently. Lisa was able to help me work toward these goals by challenging me to tap into my inner wisdom, aiding me in clarifying my goals then transforming my goals into actions.

The biggest tangible change I have noticed since beginning the program has been weight loss and a smaller waist size.

The most significant overall changes from the program were improved digestion, higher energy levels and better overall health, which were achieved by changes to my diet based on Lisa's recommendations. And while it's still a work in progress, through Lisa's encouragement I have come to appreciate the benefits & deliciousness of cooking at home.

Lisa was very effective as a Health Coach, bringing to every encounter a feeling of warmth, good energy and mindful listening. Lisa was effective at providing the right amount of encouragement during the program while demonstrating flexibility in making changes based on what was or wasn't working for me.

Gail Bazy, Northville MI
Member, The Sports Club of Novi
May 20, 2016

Improving eating habits

I recently worked with Lisa Verdejo to improve my nutritional and lifestyle habits. She provided me with the necessary information, support, and encouragement to accomplish my goals for better eating, increasing my physical exercise, and bettering my general mental well-being. Together we set goals to meet my desire for better nutritional habits, such as eating healthier meals and snacks. We also jointly setup goals for increasing my exercise and reducing stress in my life. I am now in a smaller pants size, have more energy, and have improved my digestion.

Lisa was always supportive even when I failed to meet some of my goals. My lifestyle is now better by my meeting her on a regular basis for her coaching program. I highly recommend because of her expertise, support, and genuine concern for her clients.

Rich Emrich, Plymouth MI
Member, The Sports Club of Novi
March 17, 2016

Building longevity

Lisa Verdejo has extensive and practical knowledge of nutrition that allows her to customize a plan that meets her client's needs. She takes the time to understand her client's food habits and provides both general and specific advice on substitutions that lead to attaining nutrition and lifestyle goals. Her broad knowledge allows her to be flexible with respect to varying goals, body types, metabolisms and levels of exercise. Further her solutions can be maintained over time.

It was a great relief to work with Lisa and reconcile all of the contradicting nutritional information that is available today into a workable plan that provided results.

Member, The Sports Club of Novi, MI
February 1, 2016

Feeling in control of food

My top goals upon starting my three-month program were to feel in control of food, and look for other ways to deal with emotions than with food. Lisa helped me by talking through the issues and providing strategies to make the right choices to reach my goals. The biggest tangible change I have noticed since beginning my program has been being more mindful of what I eat and walking through steps in my head on whether it's worth it. The most significant overall change I have noticed has been giving myself a break and making a plan when food might be an issue. I would describe Lisa as invested in my success which showed in the detail she put in my program. I would recommend Lisa to anyone who wants to deal with the core issues for a long-term healthy lifestyle.

Member, The Sports Club of Novi, MI
January 23, 2016

Getting a handle on eating habits

I worked with Lisa to get a better handle on my current level of fitness and clarity around my eating habits. She is calm and professional, yet her kindness and compassion come through. This helped me to open to change habits that have always been loaded with emotional energy. I enjoyed working with her and always felt supported and guided in a very personal way. I recommend her highly!

Janet Roberts, Northville MI
Member, The Sports Club of Novi
October 23, 2015

Family nutrition

Offering a quality, healthful and nutritious lifestyle has always been a goal, yet somehow it's been so overwhelming to tackle on my own. With three little boys and a busy schedule, sugar and processed foods had dominated mealtime. I was finding that I lacked energy, patience and peace in our household.

Lisa has fostered a positive learning environment that I desperately needed. I didn't realize how valuable and essential this experience has been for us. We took mealtime in small chunks, starting with breakfast. The layered approach made it manageable and Lisa's support kept me motivated and on-track with my goals. She has changed my perspective on grocery shopping, cooking and pre-planning. Our house is still full of rambunctious, fun-loving little boys, it just seems a bit calmer, more focused and peaceful.

Lisa is genuine, knowledgeable and a lifelong learner. She has inspired me to continue to improve our quality of life and held me accountable in a safe & supported manner. Keep up the great work Lisa!

Lisa M., South Lyon MI
Member, The Sports Club of Novi
August 25, 2015

Winter 5-Day Detox Testimonials

Lost weight

I really enjoyed the recipes! I did so well the first 5 days, losing 6 lbs, that I decided to continue the detox throughout Lent. I lost over 10 lbs and my hot flashes are minimal !!! Thank you LISA!!

Belinda Kabodian, RN
Fitness Instructor, The Sports Club of Novi, MI
April 20, 2017

Repeating the program enabled me to make a lifestyle change

I've done the Detox program three times now: Summer, Fall and Winter. I feel better and healthier than I have in a long time. The first time through was a challenge to make so many new dishes, but I've learned now how to manage this. Repeating the program enabled me to make a lifestyle change. For the most part now I am able to avoid gluten, dairy and sugar (and it's not hard - I don't want foods with these things in them because I feel so much better without them!) This has given me greater balance and overall health. Another awesome benefit to having done all three detox weeks is that I have a small binder on my kitchen shelf that is my 'Detox Cookbook' with the recipes you provided. I use it regularly - it's become one of my 'go to' cookbooks! Thank you so much!

Anne Hamilton
Member, The Sports Club of Novi, MI
March 31, 2017

Energized and light on my feet

Lisa, I would like to thank you for facilitating this detox experience. The experience was great for me. Although I underestimated the amount of pre-work required, once I was organized, I didn't look back. I felt good over the course of the 5 days (a little sluggish day 1). I was energized and light on my feet! I have changed my eating habits as a result!

Lois McEntyre
Member, The Sports Club of Novi, MI
March 20, 2017

Decreased cravings for sugar and chocolate

The week of Lisa's detox was an interesting journey for me. I tried many of her suggested recipes and have definitely found some new favorites for my family. I am cooking with some ingredients I had never used before and have decreased cravings for sugar and chocolate. I felt so much better at the end of the week and had more energy. It was well worth the time and effort and I even lost 2 pounds as a bonus!

Kathleen Nemes
Member, The Sports Club of Novi, MI
March 7, 2017

Fall 5-Day Detox Testimonials

Feeling “lighter”

Lisa's 5 day detox program was awesome! The recipes were delicious and the program was easy to follow. I wanted to participate to refocus myself on eating healthier, and I even lost 4 pounds without ever feeling hungry! I felt more energized and my mind and body felt “lighter”. Lisa was so supportive and her messages were uplifting and encouraging!

Brenda Lionas
Sports Camp Director, The Sports Club of Novi, MI
January 24, 2017

Kept off the 4 lbs I lost in those 5 days

I was interested in Lisa's Fall 5 day detox as it happened to fall the week before I was going on holiday and I thought it would be a great tool for getting back on track with healthy eating. I've always been interested in watching my weight, but now my focus is to feel better, and improve my health for quality of life - especially into my senior years. I've been learning about how bad sugar is for us, and I know I have issues with cheeses and breads bloating me so I knew for sure this detox would make me feel better.

I did the detox with my 23 year old daughter which made it fun - especially trying the new recipes together. 1st day felt easy, second and third day harder, but by the 4th day we both felt great and were happy we stuck with it. Most important lesson learned was that being prepared ahead of time is key - having the right foods on hand and no 'bad' foods available (especially at night!) kept us able to sustain the detox. Really it was just about healthy eating - fresh ingredients and keeping away from the chemicals and additives that are plaguing our foods these days. I think the biggest difference that made me feel better is not eating foods containing sugar and gluten.

I continued to eat the detox way on my holiday, but gradually added a coffee every other day, red meat once a week, and a glass of wine occasionally too! I kept off the 4 lbs I lost in those 5 days, and I even lost another 2 over the next three weeks. I feel better and hope to keep on track through the Christmas holidays.

Thank you Lisa - your detox and the information I took away was a great tool to get me back to feeling great again!

Annie Wishnousky
Member, The Sports Club of Novi, MI
November 29, 2016

More energy

I had a simple goal with the detox program, which was to see if I could get through it and see the results. I did the program while traveling which was not easy, but it reminded me of how many things I ate and drank that were not healthy for my body. In the end, I loved it. I ended up learning a lot about my body. First and foremost, that I have a gluten issue. So, now I'm removing gluten from my diet. Second, I have cut down sugar (except when I eat

chocolate) and coffee from my diet. Third, I reduced my alcohol intake - which is great. And, I'm now snacking healthily - mostly nuts - to avoid getting way too hungry. Overall, I have more energy and am feeling good!

Achyut Jajoo
Member, The Sports Club of Novi, MI
November 1, 2016

Recipes fantastic

I enjoyed the detox week and I continue to try to stick to the clean eating guidelines you provided. I switched around the meal plan a little but the meals taste great and are very satisfying. I thought the recipes were fantastic and I continue to tweak them as well. All in all it was a great week and I definitely feel healthier!

Julie Carlson
Member, The Sports Club of Novi, MI
October 28, 2016

A lifestyle, not just a week of discipline

This detox worked for me. During the first few days, I had a horrible headache, wanted to cheat, and was exhausted, but by day 4 I felt great and lost 4 lbs. I can only imagine the results if I was drinking all the water and exercising more :). This is going to become a lifestyle, not just a week of discipline. Thank you to Coach Lisa for all of your guidance, support, and positive affirmations!

Trish Breslin
Member, The Sports Club of Novi, MI
October 20, 2016

Summer 5-Day Detox Testimonials

More energy, focus and strength

Coming into the detox I weighed approximately 227 pounds, which while I think I can carry that weight on a 6 foot 1 inch frame, I am not comfortable at that weight. I would consider myself very active and in terms of diet, THOUGHT that I ate relatively clean. However, no matter the time in the gym, or my nutrition regimen, I was not successful at shedding excess weight.

I saw the signs for the 5 day detox at the Sports Club, and was curious enough to see what it was all about. Additionally, I thought that I could get a gauge on what I was putting into my body for energy and how that compared to the detox program. So I joined the group, and was very excited once I read through the material provided, the recipes and the plan - was really looking forward to the week that lie ahead.

My experience throughout the week can be analogous to a rollercoaster ride...it had its ups and its downs, but was exciting and eye opening in a very positive way. Days 1 and 2 were by far the most difficult - a mental fog was accompanied by lethargy and joint pain and

stiffness. After some thought, I believe this was a result of the lack of dairy, or at least that was my conclusion.

If, in fact, that feeling was attributable to a withdrawal of sorts, it certainly started to ease on Day 3, where Days 4 and 5 were greeted with more energy, focus and for me strength - noticed more strength in the gym for instance on the Thursday of that week, and my belief is that was more a result of the heightened focus element at work. The energy and focus on the last days of the detox are something that I have been searching for an awfully long time.

In terms of the specifics of the program, the recipes are some of the most inventive and delicious that I have seen/made. Further, I found the portions to be large, and was never really hungry on the plan.

The biggest tangible benefit to me, was when I weighed myself on the Saturday morning after the program I had lost 10 pounds. I enjoyed more the intangible benefits of the plan; having an understanding of the cause effect of what is put into my body as fuel in terms of how I felt physically and mentally. Post detox, I have effectively stuck with the plan. I have not had a dairy product, nor have I had coffee.

I think that when people hear the word “detox”, they think in terms of negativity given cessation of certain habits. I am not sure it’s a fair word for this program. Even during the low point of the coaster ride, you could see and feel a very clear path to wellness here such that in my view, this is much less a “detox” and more way of being.

Thank you again Lisa - I appreciate the opportunity to participate in the program, and the knowledge and support you provided through the process.

Patrick Kendall
Member, The Sports Club of Novi, MI
August 6, 2016

Easy to follow...inspirational voice

I can't thank you enough for the AWESOME experience I had doing the cleanse. My reasons for doing the cleanse were because I wanted more energy, I didn't want to crave the crap food I was eating and of course wanted to trim down a bit. What I loved about your program was that I was eating REAL FOOD . I didn't mail away for supplements or shakes. You showed us how to get the nutrients we need by purchasing quality foods and combining those for maximum nutrition. You made it easy to follow but also provided the inspirational voice along the way. It wasn't only about eating right but being mindful about how you are feeling. Not counting calories but being gentle with your body. I seriously CAN NOT say enough about your program. I encourage everyone to participate to see how incredible they can feel at the end of the 5 days. And by the way- yes I lost weight too . THANK YOU!!

Cristin Cumberland
Aerobic Instructor, The Sports Club of Novi, MI
August 16, 2016

Lost four pounds, sleeping better

Sometimes you need something to help you break out of your day to day routine. Maybe you eat the same old thing, not necessarily healthy, but easy. I was looking for some changes and Lisa made it so easy by providing a lot of menu suggestions and support. Lisa's Detox Program was just what I needed to press "Reset" and change some of my daily habits. Some of my personal takeaways were losing four pounds, sleeping better, more sensitivity to food taste and a desire to make some ongoing changes. I've been out now for several weeks and have changed my breakfast and lunch selections resulting in more weight loss, less puffiness and more energy. The changes have been easy to implement and that really works for me!

Karen Kirkland
Member, The Sports Club of Novi, MI
August 11, 2016

I feel better, have more energy

It's been a great 5 days! The first day was certainly the hardest for me, the lack of caffeine had me in bed at 2pm with a horrible headache. Things got better as the week went on and I really enjoyed trying new recipes and making better food choice and being more cognizant of my snacking habit. Our favorite recipes were: morning muesli, spicy chick peas and the Mexican beans and rice dish.

What's changed for me? I feel better, have more energy, I've lost 2 lbs. and I have a better understanding of my bad habits.

Thanks for all of your help and support, Lisa.

Allison Boissinot
Member, The Sports Club of Novi, MI
July 25, 2016

Waist line smaller, not as bloated

First of all, thank you for your wonderful support and answering our questions with so much knowledge and patience. Since I was a vegetarian, I didn't think this detox would be as challenging, but it was. I had a lot of headaches and felt miserable, and exhausted until Thursday.

This process has made me realize how much I wasn't aware of my own eating. I learned to plan ahead, chew every bite very well, drink more water and ask myself if I'm really hungry before grabbing a snack. I used to eat hurriedly and now I know I used to eat too much.

I did it!!! I'm so happy and feel great! I've been feeling more energetic in my fitness classes. I lost 2 pounds but have noticed that my waist line is smaller and I'm not as bloated. I enjoyed the recipes. My husband tried the fennel salad and asked me to keep making it. My college student daughter had a couple of bites of the Mexican bean and rice dish and said it was delicious.

This morning I had a 1/2 cup of coffee and it tasted terrific, even better than before. I didn't feel dependent on it though, and the green tea has been working out fine. I will stick to the

lemon hot water and the breakfast smoothies, they make me feel satisfied. I will keep my eyes on the quantity of my food and water.

Doing this detox is sincerely the best decision I ever made. Thank you again.

Rosiane Tanaka
Member, The Sports Club of Novi, MI
July 23, 2016

Better path to healthier eating and living

This process has been so very enlightening and has brought new meaning to mindful eating. I am happy I decided to detox, despite the aching legs, as I think it has set me on a better path to healthier eating and living. The recipes are wonderful and a refreshing change. I've enjoyed being part of the group and thankful for the encouraging and educational posts I received.

Mary Connolly
Member, The Sports Club of Novi, MI
July 22, 2016

Spring 5-Day Detox Testimonials

Eating habits reset...lost weight

I am so glad I did this. I believe it really helped me examine and reset my eating habits to what I desire. Even though I was injured from the bike crash and could not run (which I do daily) I lost weight. I found that I got along fine without sugar and I will never buy prepared salad dressing again. The recipes were very helpful and I appreciate your comments Lisa about after the detox. Thanks so much for your leadership on this journey. Oh yes and one cup of coffee a day henceforth. Definitely thought it was worthwhile and will influence me for a long time.

Peg Campbell
Member, The Sports Club of Novi, MI
May 18, 2016

Mindful eating

I would highly recommend Lisa's 5 day cleanse. I decided to participate as a "learning project" and was very happy with my results. It has been easy for me to carry forth the lessons learned and although my eating habits before the detox were very good they are now much more mind full. I am "living" the detox to a high degree on a daily basis.

Mary Brady
Member, The Sports Club of Novi, MI
May 30, 2016

Feeling energized and lighter

I really enjoyed the Detox as I had never tried one before. The recipes were tasty and easy to prep and prepare. I love the morning muesli, and it is now my new favorite go to cereal. I learned that I actually eat more cheese/dairy than I thought and without it I felt so much lighter, no bloat. I am cutting back on cheeses. I felt more energized by week's end and will continue to use these recipes and follow the rules to keep myself feeling light and healthy. Overall this was a great experience and I would do it again. Thank you Lisa.

Susan Shelton
Pilates Instructor, The Sports Club of Novi, MI
May 25, 2016

Healthy lifestyle changes

Wonderful experience from start to finish. From the Information Meeting, ideas, hints, incredible support, AND recipes, Lisa felt like a partner in it with me. I made changes that supported good health!

Mary DeRoo
Yoga Instructor, The Sports Club of Novi, MI
May 25, 2016

Joints less sore...lost a few pounds

What I got out of the detox was affirmation of what eating good food does for my body and mind. My joints were not as sore after working out, my mind was clearer. I was not hungry if I ate protein and fresh vegetables. Lost a few pounds-always a bonus!! I now know what to keep on hand at home to snack and eat healthy.

Laura Kloiber
Member, The Sports Club of Novi, MI
June 10, 2016

Getting off of processed foods

I've really enjoyed this week! I have had some interrupted sleep and a bit of brain fog as Lisa foretold due to toxins releasing, but all the food was good and filling. I now have recipes for breakfast and lunch instead of snacking my way through the day. It is great to have some tools to try to eliminate eating processed foods. Thanks so much!

Bronwyn Steffen
Member, The Sports Club of Novi, MI
May 20, 2016

[Group Health Coaching \[Sub-heading button, when clicked takes to content section\]](#)

Keeping off excess weight

I have dieted in the past to lose weight. I've always considered eating a task and did not have confidence in my food choices. I again tried a diet at the start of this year but was unsuccessful.

My wife convinced me to try the 5-day detox program with Lisa. At the end I had lost 5 lbs.

Lisa then offered an 8-session nutritional class and I signed up. I knew dieting wasn't the answer and needed to get a better understanding of nutritional concepts.

Lisa is a great coach... knowledgeable in nutrition, an effective communicator and motivator. She explained the various food groups. She showed us good versus bad foods. She taught us that it's not only what you eat, but when you eat, why you eat and how foods affect your body.

I have a better grasp of nutrition and food. I am more confident in my food choices. I've lost an additional 7 lbs. from the 8-session program. I occasionally stray on weekends and vacations but find if I get back to eating the right foods, I can maintain my weight.

If you're serious about weight loss and understanding nutrition, I highly recommend Lisa's programs.

Bob Taylor, Northville, MI
Member, The Sports Club of Novi
July 28, 2017