Zoe Wellness Weight Loss & Body Balancing Journal

Your Journal will be your FIRST line of support! Have a question on how to start? Need a Recipe or Plateau Breaker? We want to empower you to review your Journal for some quick answers to frequently asked questions.

Follow-Up Appointments

You will come in for 2 additional 5 minute Body Composition Analyses appointments during this 30 day program, approximately every 15 days. It is imperative that you attend these scheduled appointments to monitor your progress. The intention of the 15 and 30 day follow up is to last no more than a quick 5 minute check in. For any additional, more in depth, questions or concerns, a separate consultation appointment will be scheduled. Additional Body Composition Analyses may be purchased for $100.

Online Resources

Go to www.ZoeWellness.com/get-started for over 200 recipes and information on each of the Zoe Wellness supplements.

Like us on Facebook and Instagram

Facebook Community Support Page:
Zoe Wellness Weight Loss and Body Balance Community Support

Here you will find a support system of people on a similar health and wellness journey. You can share stories, ask questions, swap recipes, post inspirational quotes, success stories, and/or challenges. A positive support group is imperative to keep focus on your goal and keep the motivation moving forward one day at a time.

Email Support

We want you to ask as many questions as you may need throughout your journey. We are here to help and support you along the way! Email us: support@ZoeWellness.com

We respond to emails as soon as possible and our goal is to respond by the end of the day/evening (except weekends). Please understand that our health and wellness coaches are taking care of many patients throughout the day. We strive to give everyone the same amount of care and attention to each inquiry received. Thank you in advance for your patience.

Balance You Life Workshop

Maintaining continued balance in all aspects of your life to ensure optimal health and wellness is what we strive to attain with each of our technology based programs. Our Balance Your Life Workshop/s require your participation for continued support, education and longevity that will benefit you and your family for years to come.

Balance 4 Life Program

This program is designed for people who desire to live life to the fullest on a daily, weekly, monthly, and yearly basis. We are always exposed to toxins regardless of how much you try to protect yourself. Our hormones are always changing. Stress from life’s challenges never seems to disappear from our lives. All of these issues we are faced with along with many others cause our body to break down prematurely. If you are the person who wants to stay healthy, stay fit, and be at the pinnacle of your health potential, this is the program for you.