

# CIMC Services & Products

Why we exist. What we do. Who we are.



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NERVOUS TO START IS A SIGN LIFE WILL  
LIKELY CHANGE. AND WE ARE HERE FOR YOU.

"Don't be afraid to give  
up the good for the  
great."

*John D. Rockefeller*

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## Help You Live Life Abundantly

Most people live life in scarcity mode, constantly thinking about everything they don't have or cannot achieve. When we live in the scarcity mindset we tend to let our lives settle into just being what it is. But what if there is more to life than being sat at the sidelines of life? What if there is more to life than your diagnosis? What if you could live life abundantly? That is what we're going for here- not allowing your body/mind/soul hold you back from living life abundantly.

## Help You Improve Your Wellness

Whether your goals include finding a healthy balanced weight or reducing some other health symptom, CIMC is here to help you improve your wellness. Wellness is the pursuit of health in every area of life. That's why we offer 1:1 mentorship, community, weekly group meetings, mental health group sessions, a functional fitness workout app, and courses to help you find deep, core health.

HONORED TO DO LIFE WITH YOU,

*Team CIMC*

CIMC is founded and operates upon a Biblical Worldview.

# Meet Team CIMC

CRYINGINMYCHEESECAKE



## Danielle Hofer

CEO, OWNER, NUTRITIONAL THERAPY PRACTITIONER

Danielle works with clients who are serious about making the changes necessary for their goals. She works with those who want to drop excess body fat and those who want to reduce blood sugar symptoms, reduce heart symptoms, and remove unwanted parasites and pathogens.



## Aria Haney

NUTRITIONAL THERAPY PRACTITIONER

Aria works with clients who experience unwanted health symptoms, especially those related to the thyroid and hormones. Aria herself has Hashimotos and is familiar with living a lifestyle conducive to supporting her diagnosis. With a gentle spirit, who loves Jesus, and her family, Aria is an empathetic & wise mentor.



## Jacquelyn Thompson

CLINICAL NUTRITIONIST, PERSONAL TRAINER

Jacquelyn works with lifestyle clients to help them achieve and maintain a healthy body composition, all the while supporting the body's cellular health. She is a bikini competitor who helps other bikini athletes achieve their goals & reverse supporting their metabolism and hormones. Jacquelyn is married to a supportive husband and has a home full of pets. Currently on Sabbatical



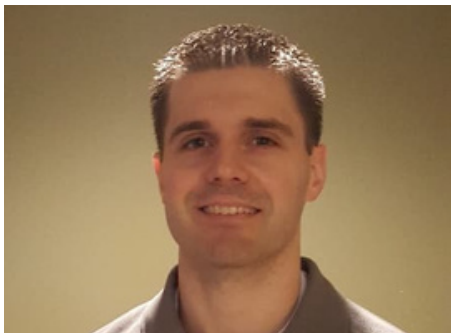
## Laura Zollman

ON STAFF SOCIAL WORKER, HOMEOPATHY

Laura runs healthy mindset group sessions twice monthly and offers 1:1 healthy mindset and homeopathy services. Laura is a gentle spirit, has listening skills like no other, and is able to meet you where you are to provide help through mental barriers to your wellness progress. She also knows the CIMC process first hand as she has her own testimonials to our methods.

# Our Team

CRYINGINMYCHEESECAKE



## Thomas Hylton

NUTRITION MENTOR

Thomas works with male clients who want to improve their body composition and learn how to maintain a lifestyle of wellness. He is a husband and father to two boys, who enjoys restoring old muscle cars and competing in body building.



## Jessica Phillips

ADMIN: WILDERNESS OF WELLNESS DIRECTOR & CIMC

Jessica is the administrator here at CIMC. She posts, responds, and supports you with client satisfaction needs and all things The Wilderness of Wellness. She has a daughter, a husband, and is a dog mama of two.



## Diana Sheets

MANAGER, CLIENT LIAISON

Diana is our liaison from practitioner to client ensuring you understand your portal, your recommendations, and any clarifying CIMC methodology questions. She manages on the back end and keeps our team running. Diana works full time for Lincoln Financial Group, is a mom to two, and married to a supportive husband.



## Sam Zollman

AUDIO/VISUAL

A disabled veteran of our US Army, Sam furthers CIMC's reach by providing much needed audio and video editing for the CIMC Podcast, YouTube Channel, and courses on The Wilderness of Wellness. He is a husband to Laura and father to four children.

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You are a bio-individual, not a template or earner of points. We are here for you. The only thing we ask of you is to be honest with yourself and with us. A lot of change comes when we allow ourselves to be honest in a safe environment.

*Danielle Hofer*

## We are a good fit if...

- ✓ You can be honest with yourself & your mentor
  - ✓ You are open to being consistent with new habits, reducing old habit patterns
  - ✓ You are willing to show up for yourself by attending CIMC meetings
  - ✓ You're ready to work through the mindset and barriers holding you back
- 

## We are not a good fit if...

- ✗ You want a template from which to eat/exercise/do life
- ✗ You cannot commit to the necessary time to improve your current life and aren't ready to go all in
- ✗ You don't eat animal products
- ✗ You want fast outward results without doing the deep internal work

# What to Expect from our Collaboration



## Integrity

CIMC strives to have a strong moral compass, doing what's right even when it's hard.



## A Bio-Individual Approach

We treat you like the individual you are and treat you as such. We are the experts of nutrition & wellness and you're the expert of your body. We meet to collaborate the next best steps toward your goals.



## Meet you where you are

We meet you where you are and provide you support for who you are right now, not who you were or the person you "should" be.



## Professionalism

CIMC is a practice and is treated as such. We do not offer fly-by-night solutions or strategies to your program. We are always working on our continued education from renowned institutions and learning to apply the new concepts into our practice.



# CIMC Software & Tools We Use

WHAT YOU'LL NEED

01

## Telehealth Software

Practice Better is the telehealth software we utilize here at CIMC. It is available on the web and in an app. It provides a space for communication, documents, progress, and specific recommendations for you.

02

## The Wilderness of Wellness

A private social networked owned by CIMC that houses your community, resources, courses, and so much more. \*Included with all 1:1 service packages\*

03

## Zoom

All 1:1 calls and group webinars/sessions will be hosted on Zoom. Please make sure your app is updated to the latest version.

04

## Voxer

This option is only available to the Elite 1:1 clients for access to their mentor in the moments that matter.

05

## Nutritional Assessment Questionnaire

This tool is utilized by the nutritional therapy practitioners to help pinpoint root causes of some of your symptoms. We use this to guide our getting to know you and your body and how to teach you to make your next best steps toward wellness.

06

## Train Heroic

This is the workout app that is available to 1:1 clients and those in The Wilderness of Wellness. Functional fitness in your pocket so you can show up to the gym knowing your workout is furthering you toward your goals. Currently 6 types of workouts available.

# The CIMC Process

## 01

### Onboarding

Once registered for a package, Team CIMC will accept your request, and you will receive an email that your onboarding program is available on your private portal account.

## 02

### 1:1 Clients (Initial Consultation) Wilderness of Wellness: OnBoarding Program

The consultation is for 1:1 clients where paperwork is discussed and plans of actions will begin. The Wilderness of Wellness: Work through your onboarding program and complete your NAQ.

## 03

### Attend your meetings

Attending the appointments and/or meetings like Healthy Mindset group therapy, 1:1 appointments, accountability, Cellcore, etc. These are found under the Events Tab on The Wilderness of Wellness

## 04

### Actively Work Your Challenges

Each week you'll be given a challenge or some sort of accountability piece. Work with your practitioner or mentor to work on that habit before you move on to the next habits.

## 05

### Build Community

Get active inside The Wilderness of Wellness and build community inside that platform!

## 06

### Now what?

We love getting you to your goals that originally brought you to CIMC. Currently 1:1 services have very limited openings. Please ask if you're interested! Many people prefer to be in The Wilderness of Wellness where there is community, opportunities to get time with practitioners on Team CIMC, and mental health support!

# Complete Lifestyle Wellness

## 1:1 Service

Currently Waitlisted as we are at full capacity

## Is this type of service best for you?

If you desire 1:1 mentorship for the following goals, Complete Lifestyle Wellness is for you:

- + Body weight balance
- + Mentorship
- + Self-Confidence
- + Live in harmony with food
- + Lifestyle Habit & Mindset Support
- + Science-Based Fat Loss

## How does this service work?

You'll choose your mentor you'd like to work with. This person will onboard you at a sustainable pace and allow you to lead the next steps. The only rules for working with CIMC is you must be honest with yourself and honest with your mentor. Honesty allows for change of heart. Dishonesty allows us to stay the same. Usually the flow looks like:

- + Fill out onboarding paperwork
- + Track food intake for mentor to see your habits around food & life
- + Assigned no more than 2 habits around food & 2 habits around lifestyle each week
- + Agree upon starting date & weekly check-in dates
- + Check-in Weekly with food and/or biofeedback responses
- + Show up to meetings, mental health sessions, weekly Q&As, & check-ins fully to see change



**haleymae\_mua** With so much information online about "healthy" eating, beautifully curated posts showing a fridge full of fruits and veggies, and misleading marketing I felt like I was drowning, and didn't even know where to start with improving my lifestyle. Cimc has improved my life in so many ways. My fridge is curated, but only in a way that works for ME and my family, not a copy and paste from someone else's life. I actually enjoy getting my steps in. The list goes on. ❤️



**carol\_eakin** I have struggled the majority of my life with my weight and health. I had tried almost all the fad diets and 'quick fix' remedies I could think of, with no sustainable success. With Danielle and Crying in My Cheesecake, I've finally been able to break down walls and barriers holding me back and keeping me hostage of old habits. I've been able to maintain a large weight loss for almost 2 years and am still pursuing and seeing continued progress. Health is not defined by how much weight a person carries on their body, there is so much more to a healthy lifestyle than just food! And with Danielle, you get your entire health (mental/physical/emotional) overhauled and help with long lasting sustainable outcomes. ❤️



# Foundational Holistic Wellness

## 1:1 Service

Currently Waitlisted as we are at full capacity

## Is this type of service best for you?

If you desire the reduction of symptoms of the following, Foundational Holistic Wellness is for you:

- + Blood Sugar Imbalance
- + Headaches/Migraines
- + Autoimmune Symptoms
- + Brain fog/Afternoon fatigue
- + Thyroid Imbalance
- + Menstrual Issues/Fertility/Libido
- + Heart Health Issues
- + Parasite Symptoms
- + Digestion Issues/Allergies

## How does this service work?

You'll choose your mentor you'd like to work with. This person will onboard you at a sustainable pace and allow you to lead the next steps. The only rules for working with CIMC is you must be honest with yourself and honest with your mentor. Honesty allows for change of heart. Dishonesty allows us to stay the same. Usually the flow looks like:

- + Schedule your Initial Consultation
- + Implement your recommendations consistently
- + Schedule and show up to your appointments with an open mind & willingness to change
- + Fill out the extensive paperwork 7 days prior to Initial Consultation
- + Communicate openly with your practitioner
- + Show up to meetings, mental health sessions, weekly Q&As, & check-ins fully to see change

**theresasawilon** I recently had a difficult year, and the only thing that kept me healthy mentally and physically was relying on the healthy habits I created working with Danielle. When my mom got sick and passed away, I would have slipped into emotional eating and drinking and would have stopped working out had it happened two years ago. However, I knew that I needed to keep moving my body, rely on eating balanced foods, and keep my routines so that I could be strong for not only myself but my family. I did not gain any weight during this time, I was able to maintain a healthy lifestyle and I recently passed all my preventative health labs and exams with flying colors. These habits didn't cure my grief, but it helped me manage it.



She is so amazed

She was more amazed at how my periods are gradually getting so much better. She said I seemed more happy and bubbly then the last few times, I seemed not tearful at all, and seems to be thriving.

# Healthy Mindset Package

1:1 Service

## Is this type of service best for you?

We know health and wellness cannot be achieved without mental health and mindset being addressed. So here at CIMC we have an on staff social worker who is adept at supporting:

- + Mood disorders
- + Circumstantial Issues
- + Lack of motivation
- + Addictions
- + Codependency
- + Breaking through barriers to change
- + Emotional imbalance
- + Relationship Issues
- + Depression/Anxiety

## How does this service work?

The Healthy Mindset package includes six (6) 1:1 sessions with our on staff Social Worker. You can utilize these appointments as you need within six months of purchasing. If you're a 1:1 client you have access to a discounted 1:1 package to add on to your other services. Upon confirmation of the package you will:

- + Receive intake paperwork that must be done 3 days prior to your appointment
- + Meet with your social worker and receive recommendations
- + Schedule and show up to your appointments with an open mind & willingness to change
- + Ensure any forms before other follow up meets are completed
- + Communicate openly with your social worker
- + Utilize the weekly accountability sessions for your healthy mindset work

paicekathy CIMC is changing my life for the better. I feel supported, heard and seen. The Mental Health and Wellness session was exactly what I needed this week to lift my spirits and make a reset for good habits. ❤️



# The Wilderness of Wellness

Group Service

\$49.99/month

## Is this type of service best for you?

The Wilderness of Wellness is a community in which the CIMC Family grow together. It is for you if you need:

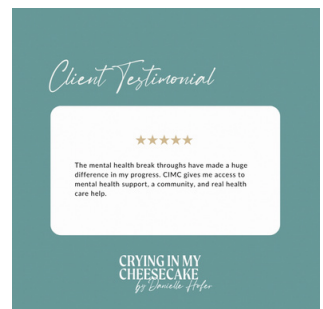
- + Weekly accountability with a practitioner
- + Affordable wellness services
- + Body weight balance
- + Mental health support
- + A team to mentor you
- + To reduce unwanted health symptoms
- + Group approach to wellness
- + To reduce parasite symptoms
- + To improve other areas of life

## How does this service work?

The Wilderness of Wellness is a place for you to find your community. This is a place for everyone searching for a community to support them in all areas of their life. From mental health, accountability; courses walking you to health, courses walking you through cleaning up your cellular health, removing parasites, and all other symptoms. But that's not all. At CIMC we know you're more than your health and wellness, we also know you're a human being with need for community and other areas of support and even opportunities to serve.

- + Social Platform owned by CIMC
- + Online Courses walking you to wellness
- + Opportunities to facilitate groups like Bible Studies, book clubs, and more.
- + Weekly Accountability Sessions
- + Recipe Packs + Shopping Guides
- + Mentorship in all areas of life: parenting, marriage, spiritual, recovery, fitness, nutrition, and more.
- + Accountability Group
- + Workout app + Group Support

paicekathy CIMC is changing my life for the better. I feel supported, heard and seen. The Mental Health and Wellness session was exactly what I needed this week to lift my spirits and make a reset for good habits. ❤️



[Learn more here](#)

# 1:1 Client Packages

All packages are a 6 month contract & tailored to your bio-individual needs & goals.

## OFFBOARDED ACCOUNTABILITY

### Essentials

- ✓ Private portal to house your goals, progress, and check ins
- ✓ Access to The Wilderness of Wellness
- ✓ Monthly Formal Check-ins only on portal/No calls
- ✓ Workout app: Functional Fitness in your pocket
- ✓ Best for those who have reached their goals and just need accountability.

**\$55**

PER MONTH

## MOST ACCOUNTABILITY & SUPPORT

### Elite

- ✓ Private portal to house your goals, progress, check-ins, communication
- ✓ Access to the Wilderness of Wellness
- ✓ Access to Voxer w/your practitioner for faster responses & individualized support
- ✓ Weekly calls with practitioner if needed
- ✓ Weekly formal check-ins on portal
- ✓ Workout app: Functional Fitness in your pocket
- ✓ A personal mentor to walk alongside you in your journey to wellness.
- ✓ Best for those who want to go all in and remove every excuse & barrier to change and progress.

**\$799**

PER MONTH

## SELF-MOTIVATED

### Empowered

- ✓ Private portal to house your goals, progress, check-ins, communication
- ✓ Access to the Wilderness of Wellness
- ✓ Weekly formal check-ins on portal
- ✓ Once a month calls if needed
- ✓ Workout app: Functional Fitness in your pocket
- ✓ Best for those who are weaning off Elite or those who are self-motivated and are able to push through barriers holding them back from change.

**\$349**

PER MONTH

[Waitlisted](#)

# Meetings CIMC Hosts For You

## 1:1 Client Meetings

1:1 Elite Clients get weekly zoom calls with their mentor. Empowered clients get 1 call per month. These meetings are for clients to discuss their week/month, go over bio-individual needs, lifestyle supports, spiritual direction, and more.

## Healthy Mindset Group Meetings

Open to 1:1 clients and The Wilderness of Wellness. These meetings happen two times a month and are formatted with the first half being a webinar on a mindset/mental health topic and then an open share time at the end. You'll RSVP to these sessions on The Wilderness of Wellness Events page to receive the Zoom link.

## Weekly Group Accountability Meetings

These meetings are hosted by a Team CIMC mentor and are open for The Wilderness of Wellness and 1:1 clients. In these meetings we discuss our wins, struggles, and something lingering in which we need accountability for. Then throughout the week we hold each other accountable in the Accountability Space in The Wilderness of Wellness. RSVP on Events Page of The Wilderness of Wellness.

## Cellcore Meetings

Cellcore Meetings are for members of The Wilderness of Wellness going through a Cellcore protocol or utilizing Cellcore products to get the support they need.



# The CIMC Difference

01

## Faith

CIMC has a Biblical World View which means we believe that Jesus Christ is Lord. We see the Bible as inerrant and the complete word of God. We believe that Jesus Christ was fully man and fully God at the same time. He was crucified, died, buried, and raised again on the third day so that we may have the same of eternal life with him. We don't pressure you to believe what we believe, but there will always be access to spiritual support.

02

## Bio-Individual Approach

You are treated as an individual here because there is no one just quite like you. Science and best practices are what we bring to the table and you bring the expertise of your body to the table. What happens is a beautiful collaboration where you have autonomy and we just guide you in the ways you end to go for your goals.

03

## Real Science Means No Gimmicks

We take things slow here because nothing sustainable happens over night. In fact, a wound takes awhile to heal, right? Why do we think our health and wellness goals will just be fixed by some kind of fast gimmick out there: meal plans, shakes, goos, collagen, keto, vegan, coaches in a box, etc? Your body is smarter than that and we work to help you live in harmony with food, lifestyle, and yourself. Let's be real, health is not always about the food, is it?

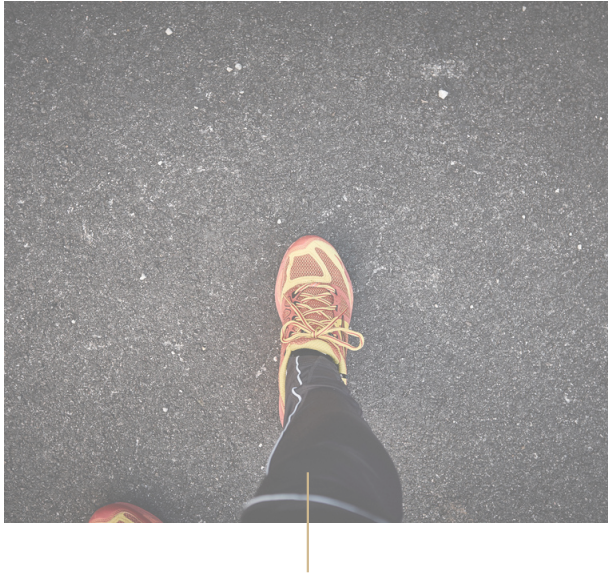
04

## Continually Growing You

Something we've learned after years in this business is that people come to us with one goal and then don't want to leave because there's another area of health and wellness they want to address. We here at CIMC have worked hard to help people with your next areas of wellness and provide much of that support on The Wilderness of Wellness.

We also are sure to respond to you in a timely fashion. A big complaint we hear often is that people have coaches or practitioners who don't respond to them. We pride ourselves on responding within 24-48 of our business hours and there is a whole team waiting for you on The Wilderness of Wellness.

# Ready to Start?



We are FSA/HSA eligible  
We offer a military & first responder discount  
Payment plans are offered on all packages

[Join The Wilderness of Wellness](#)

## Have Questions?

[Send an Email](#)

[Schedule a call](#)