

Facebook retargeting ad sending traffic to coaching application

Hi, it's Nafsika Antypas again.

What first inspired you to go vegan?

I was nursing my second son when I learned the truth about how baby cows are slaughtered for their mother's milk. I didn't want to be a part of that.

I wanted to eat healthier and most importantly, live a compassionate lifestyle which doesn't support animal cruelty in any way.

Up til then for all my life I had been on the typical diet that included animal products. I wanted to make the switch immediately.

I found out how difficult that is, no matter how passionate you are about changing your life.

At first I struggled to make sure I was getting all the important nutrients after going vegan.

My family fought the change. They were sure it was a horrible mistake. Resistance from family and friends is a common hurdle when you switch to a plant-based lifestyle.

For a while I felt like my kids and I were the only vegans on the planet.

Then something amazing happened. I decided to create a TV show about all aspects of the vegan lifestyle, *Plant-Based by Nafsika* on A&E's FYI channel.

After the first season I got my certification as a health coach so I could work with people personally.

I started coaching women to help them successfully make the switch to a plant-based lifestyle.

Soon I was ranked #66 of the top 100 vegans worldwide by Plant-Based News, one of the top vegan resources around.

That's when I realized I knew the secret to make the plant-based switch with ease.

So I created a 6-week transition program called *Plant-Based Switch*.

I've been able to successfully transition to a plant-based lifestyle. I've stopped being so stressed all the time and feeling like I have no energy. I now eat in a healthier way, get all the nutrients I need, and live a more compassionate lifestyle.

Coaching allows me use my knowledge and experience to help my clients live a holistic, plant-based lifestyle, deal with negative criticism from family and friends, and become a better version of themselves.

As you can imagine, I'm quite busy, so I only work with a limited number of students at once.

Would you like to be one of them?

I've opened some time slots on my calendar, so if you're interested in working with me personally, fill out my brief online application, and we'll get back to you soon.

Click this link now to apply:
[LINK]

Nafsika

Headlines

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