

LIFESTYLE **L U X**



THE
**HOT
LIST**
2023

7 25274 71283 0 0 8 >



Display until 10/15 \$7.99

From Hustle to Health

THROUGH HER 10-STEP METHOD, THE FORMER CORPORATE ADVERTISER
TURNED HOLISTIC WELLNESS COACH LEADS CLIENTS THROUGH A TAI-
LORED, TRANSFORMATIVE JOURNEY BACK TO THE BASICS.

By Katelyn Rutt



A According to Sarah Wragge, holistic nutritionist and founder of Sarah Wragge Wellness and the SWW Method, her biggest health crisis turned into her greatest career.

Wragge spent most of her teens and into her 30's never feeling well. After struggling with a slew of symptoms like acid reflux, chronic constipation, and inflammation, she turned to a holistic

practitioner and nutritionist. She was diagnosed with Candida and put on a regimen for acupuncture, herbs, and tinctures.

“After the first cleanse, I realized the power of food and nutrition and what happens when you eat in an anti-inflammatory way,” Wragge says. “I immediately went and applied for the Integrated Institute of Nutrition (IIN) to try to understand more. I became obsessed.”

She began to notice that her hair was growing, she was leaning out, doubling her sales at work, and had so much energy that she struggled to sleep at night.

“My whole life got better when I started to understand the power of nutrition,” Wragge says. “It was a complete domino effect in every other area of my life. If I felt so terrible for most of my young life, I wondered, ‘How bad do most people feel out there?’”

Steak dinners with clients and after-hours at bars began to morph into green juices, corporate fitness classes, and juice cleanses as client gifts. Every moment she wasn’t working, Wragge was reading about food, writing nutrition protocols through her schooling at IIN, or undergoing wellness treatments like colonic hydrotherapy or sauna therapy.

“It was just a side hustle for me until I got pregnant,” Wragge says. “Also, when you’re carrying a baby, your truth becomes pretty clear and I couldn’t ignore the voices anymore. I started posting about my health journey on Instagram, and one day someone asked if I was taking clients. I had no idea what I was about to embark on.”

Wragge’s first official client lost 30 pounds using her written nutrition plan. In 2016, Wragge decided to leave the corporate world—and hasn’t looked back since.

“I’m not usually a risk taker,” Wragge says. “I just remember listening to a podcast and the woman said, ‘If you want to know what your purpose is, you need to look at what you’re doing when you’re not doing what you think you should be doing.’ I just knew I was going to do this and do it really well. It lights me up and it’s

like breathing for me. It almost feels like I’ve done it in another life.”

Wragge’s holistic wellness brand encompasses the full scope of nutrition, from cleanses to family, bridal, and corporate lifestyle programs, plus so much more.

Her leading program, the SWW Method, cuts through the noise, simplifies the science, and meets clients wherever they are on their health journeys. Wragge and her team of registered dietitians and clinical nutritionists provide weekly modules, exclusive nutrition videos, recipes, pantry swaps, and video and email check-ins for accountability. By the end of the experience, clients will have learned how to burn fat, minimize cravings, stay full all day, and eat for endless energy.

“I love the challenge of taking someone’s current regime and routine that isn’t working and helping them pivot and create a new reality,” Wragge says. “We have so much control over the end game.”

At Sarah Wragge Wellness, it’s all about making life changes. Instead of providing quick fixes, Wragge and her team focus on education, which leads to the empowerment to make better wellness choices and behavioral changes that last a lifetime.

“Helping people is addictive,” Wragge says. “Watching people transform is the most rewarding thing you could ever experience.”

The SWW Method begins every quarter. Wragge’s next program starts October 3, 2023 and registration closes September 25. Sign up at www.sarahwragge.com/products/the-sww-method.



TWO TIPS FROM SARAH

DRINK WATER

“We are 60 percent water and lose a liter of water through breath every evening. In the morning, do a full body flush with a liter of water before coffee.”

STOP SNACKING

We do not need to eat food every two hours. Instead, eat a blood sugar-balancing meal that allows you to coast three to four hours between meals. That meal should be protein forward with a combination of healthy fats and fiber-rich vegetables.”