

# Plan-It Lean: Software to Save a World

CHICAGO, ILLINOIS, UNITED STATES, July 20, 2014 /EINPresswire.com/ -- Over the last century, humans have become increasingly sedentary and foods have been increasingly refined. Deborah Arneson, a licensed clinical nutritionist could see that the standard ADA food pyramid was consistently making people fatter and, even when combined with exercise. She decided to “kick the food pyramid to the curb” and developed better ways to educate people about how to feed and energize themselves.



She became interested in Ayurvedic medicine, traveling nine times to India to study. Incorporating teachings from this traditional system combined with her applied science background, [helped people to burn fat](#) and ignite their energy. Six months ago, the Plan-it Lean self-assessment free website was launched to help people learn how to select a sustainable life-style using the online quizzes. However, Arneson knew that these simple quizzes were just the tip of the iceberg when it came to helping people develop healthier lives. Therefore, she launched her Indiegogo flexible crowdfunding campaign to raise money to develop Plan-it Lean's Throw Yourself a Lifeline revolutionary subscription based software that will help guide, and enable people to Blast Fat, Ignite Energy, dramatically REVERSE Insulin Resistance (high glucose) and steadily drop HgA1C levels in diabetics!

Her goal is to raise \$69,200; \$54,000 of which will go towards developing the Lifeline extensive food data base encompassing foods indigenous to all cultures, as well developing and constructing 1000's upon 1000's of algorithms embedded in the software to create the downloadable food map templates. The computations required for just one users'- (one day) downloadable "Food Map" offers up to 20 variations depending on the users choices (to exercise or not, to eat pizza or consume alcohol that day, or not). The flexibility of the program is based on the users' personal preferences making Plan-it Lean's Lifeline software a "SMART" technology.

The remaining \$15,200 will be used to fund animated edutainment characters that are already designed and developed. These "pop up" characters will engage and motivate both adults and kids. The Heart Smart Kids and the Junk Food Junkies will be infused throughout the entire software program to incentivize/educate the end user as to "why" a specific option/direction is a healthy/better choice. Ultimate Goal? to gently guide the user step by step towards their personal health ideally best!

Rewards for donations to the Indiegogo crowdfunding campaign all [reflect the nature of the project](#). At the lowest levels, you can download mp4 files such as the ABCs of Nutrition and Essential Oils: The Missing Nutrient, as well as children's educational material featuring the Heart Smart Kids and the Junk Food Junkies coloring/workbook. The featured reward, for a donation of \$150, is Plan-it Lean's Quantum Enzymes. Enzymes are the key to life, the building blocks that give us "a metabolic boost" to

cope with daily "stressors" such a poor food choices. Mid-range donations from \$40 to \$75 include a digital copy of Deborah Arneson's book, Fries, Thighs, and Lies, which is a humorous (but helpful) look at weight gain and loss, as well as hats, bags and T-shirts inscribed with Plan-it Lean logos and slogans. At \$100 to \$10,000, combo packages deliver excellent value for your donation, including items such as the Plan-it Quantum Enzymes, Deborah's book, combinations of the T-shirts, bags and pens, as well as the mp4 downloadable files and the hair tissue mineral test kit. At \$1000, the goodies include a child's coloring book and workbook. The \$10,000 best personal package includes a [consultation with Deborah](#), herself, either via Skype or in person, as well as the other goodies possible. To ensure your success with the program, you will also receive 3 more 45 minute consultations as part of your Plan-it Lean experience.

The Plan-It Lean website offers a limited aspect of the program. To get started, register and take the personal quizzes. Although more generalized than a personal consultation, you can still save hundreds of dollars in professional fees by using the assessments. It is not intended to take the place of a professional or in any way substitute for a doctor's care. Rather, consider it a personal diagnostic tool that can help you in making optimal health decisions.

Your contributions will help in developing the Lifeline software that Arneson hopes to create and deliver to the millions of people struggling with fatigue, obesity and diabetes. With 72% of the world embracing diabetes within the next 16 years you will also be contributing to the development of a revolutionary tool that will positively change the health outcome for potentially millions of people around the Planit!

This is a great opportunity for you to live up to Deborah's motto: Throw yourself a Lifeline.....then our kids.....then our Planit!

About:

Deborah Arneson of Plan-it Lean launched a website ([www.planitlean.com/](http://www.planitlean.com/)) to help ignite energy, Blast Fat and obesity plus, and Reverse adult onset diabetes. Her goal is to make the Lifeline technology so easy and effective for the user to use, which will guide, direct and encourage people to not only blast fat but to make healthy life choices tailor made to them. Arneson is a licensed clinical nutritionist who has also studied Ayurvedic medicine.

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