

# HEALTH & NUTRITION ADVISOR

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## *Founder Wellness, Holistic Health Support & Recovery*

JAG Global Network • Position Description • February 2026

### PURPOSE OF THIS ROLE

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The Health & Nutrition Advisor provides personalized health, nutrition, and wellness support to the Founder as he rebuilds his physical health after 13 years of intensive mission work. This role is both a personal support function and a foundational element of the mission's sustainability.

The Founder's ability to continue leading this global ecosystem depends on restoring and maintaining his health. This role ensures he has expert guidance and accountability for nutrition, movement, recovery, and overall wellbeing.

### CORE RESPONSIBILITIES

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#### 1. Nutritional Guidance

- Assess the Founder's current nutritional status and create a personalized nutrition plan
- Design meal plans that are practical, affordable, and restorative
- Provide guidance on supplements, hydration, and dietary adjustments
- Account for the demands of intensive mental and creative work

#### 2. Health Restoration Planning

- Help identify health priorities and create a phased restoration plan
- Coordinate with healthcare providers when appropriate
- Provide guidance on sleep optimization, stress management, and recovery
- Support the transition from survival mode to sustainable health practices

#### 3. Movement & Energy Management

- Design a practical movement and exercise plan appropriate for current fitness level
- Provide guidance on energy management throughout work-intensive days
- Recommend practices for mental clarity, focus, and sustained creative output

#### 4. Accountability & Support

- Provide regular check-ins and accountability for health commitments
- Adjust plans based on progress, challenges, and changing circumstances
- Serve as a trusted advisor who understands the demands of the mission
- Coordinate with Point of Contact to ensure health priorities are maintained

### REQUIRED QUALIFICATIONS

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- Certification or degree in nutrition, dietetics, holistic health, or related field

- Experience creating personalized nutrition and wellness plans
- Understanding of the mind-body connection and how physical health affects mental/creative performance
- Compassionate, patient approach — understanding that health restoration is a process
- Ability to work within budget constraints and provide practical, accessible recommendations

## HELPFUL BUT NOT REQUIRED

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- Background in holistic, integrative, or functional health approaches
- Experience working with entrepreneurs, creatives, or high-intensity professionals
- Knowledge of Paul Chek’s methodologies or similar holistic frameworks
- Understanding of spiritual practice and its relationship to physical health
- Proximity to Minnesota (or ability to provide remote consultation)
- Experience with recovery from burnout, chronic stress, or adrenal fatigue

## COMPENSATION

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### Initial Phase

- Consultation-based — estimated 2–5 hours/week initially
- May be volunteer or reduced-rate for mission alignment
- Founding team recognition and equity consideration

### Post-funding

- Competitive consulting rate or retainer arrangement
- Potential to expand into ecosystem health programs (JAG EARTH, wellness curriculum)

## WHY THIS ROLE MATTERS

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The Founder has given 13 years to building this architecture, often at the expense of his own health. The mission cannot succeed without the mission’s architect. This role is not optional — it is foundational.

Long-term, this advisor may also help shape the health and wellness curriculum within the JAG ecosystem, including JAG EARTH’s environmental and holistic health programs.

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## TO EXPRESS INTEREST

Email: [jag132013@gmail.com](mailto:jag132013@gmail.com)

Subject: Health & Nutrition Advisor — Application



**JAG Global Network**

*The Architecture of Ascension*