

HAPPY HORMONES PACKAGE

INVESTMENT: 2397 CHF



WHAT IS INCLUDED IN THE PACKAGE?

1 X COMPREHENSIVE INITIAL CONSULTATION

- So that we identify the root cause of your issues and create a winning plan

3 X 90-MINUTE PRIVATE CONSULTATIONS

3 MONTHS OF WEEKLY LIVE Q&A SESSIONS

I will support you for **3 months** and hold you accountable so that you don't slip into the old routine anymore.

Together we will prepare a **winning plan and VISION BOARD** so that you can track your progress. We will cover all areas of well-being:

MENTAL

EMOTIONAL

PHYSICAL

NUTRITIONAL

SPIRITUAL (don't worry it is nothing to do with religion it is all about mindset)

I will share with you all my know-how, tips and tricks based on your needs so that you understand the underlying issues that were causing your imbalance.

We will review your cupboard with supplements and food. We can go **shopping** together (online or meet in person) so that you save time searching for the best food combination.

I will share with you **step-by-step quick videos** so that you know how to prepare new meals in just under 10 minutes without spending a fortune on new products or wasting time cooking.

I will help suggest **supplements** that you need and explain when to take them to avoid interference with medication or other supplements that you might be using right now.

I will prepare an exercise plan and workout with you to hold you accountable so that you transform your body and restore your metabolism by building long lean muscle

You will get **UNLIMITED access** to all of my programmes, online courses, workshops and masterclasses and you will be able to join all LIVE Q&A sessions