

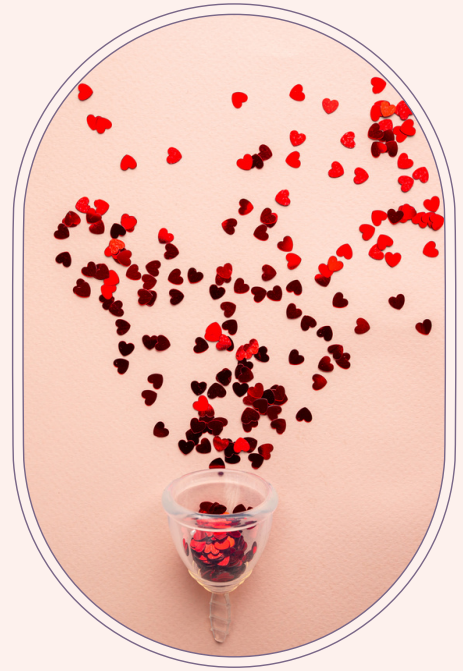
HAPPY HORMONES PACKAGE

WHO IS THIS FOR?

Women 30+ who are aware of a hormonal imbalance (**digestive issues**, irregular cycle, abdominal weight gain, mood swings, poor sleep and **low energy levels**).

Women who want to **uncover the root cause**, end the vicious cycle and feel like themselves again.

Women who have a "**DO-WHATEVER-IT-TAKES**" attitude to get & remain in the best shape without "magic pills".



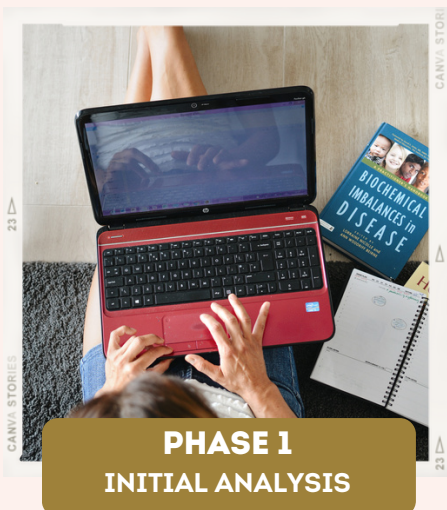
HOW WILL I HELP YOU?

Together we will **uncover the mysterious reasons** behind your health issues. We **co-create** a strategic plan that is sustainable and suits your lifestyle.

We will build strong fundamentals and **track progress** along the way to adjust the strategy (meal plans, supplements, workouts).

I will hold you accountable and become your guide on your transformational journey pulling you up when you are about to fall or experience challenges.

Until you become **THE MASTER OF YOUR HEALTH & CAPTAIN OF YOUR SOUL**.





IS THIS PACKAGE RIGHT FOR YOU?

THE HAPPY HORMONES transformational program is designed to give you the flexibility to reach out for help more frequently rather than waiting for weeks or months to ask questions.

By getting **weekly feedback**, you avoid making dietary mistakes and information overload, which can be overwhelming and lead to confusion.

You won't need to search through hours of videos but rather be shown what to implement next based on your progress.

You save time & effort and increase the success rate by taking small actionable steps.

You keep the momentum going by getting weekly inspiration and extra motivation to continue your hero's journey and become unstoppable.

You will learn how to re-balance your hormones or improve metabolic functions by applying the power of science & spirituality.

A holistic approach using the **five pillars of well-being and Functional Medicine**

- mental
- emotional
- physical
- spiritual
- nutritional

Nothing works in isolation. Stress impacts sleep, food choices, mood, menstrual cycle and microbiota.

Food impacts microbiota, which produce energy and the hormone serotonin. Imbalances can cause constipation or anxiety, which leads to emotional overeating and stress. It is a vicious cycle; however, there is a way out.

WHAT WILL YOU GET ?

HOLISTIC SUPPORT WITH 1-TO-1 SESSIONS & WEEKLY GROUP COACHING SESSIONS FOR SIX MONTHS

- 1x comprehensive analysis (397 euro/CHF)
- 6x60 minutes of follow-up private sessions (6x180 euro/CHF)
- 6 months of **weekly LIVE Q&A group sessions** (24x90 euro/CHF)
- weekly hormone yoga therapy online group session (24x20 euro/CHF)

- **Access to ALL ONLINE COURSES:**

- **EAT CLEAN GET LEAN** (597 EURO/CHF)
- **UNLOCK THE SECRETS OF ANTI-AGEING** (1270 EURO/CHF)
- **HORMONE YOGA THERAPY** (597 EURO/CHF)
- **MEAL PLANS** (297 EURO/CHF)
- **VISION BOARD WORKSHOP** (97 EURO/CHF)

GET INSPIRED WITH “SELF-PACED” MODULES INCLUDING:

- WORKBOOKS
- ACTION PLANS
- COOKBOOKS
- SWIPE FILES
- TEMPLATES
- VIDEO RECIPES
- EXERCISE VIDEOS



THE 3-STEP SYSTEM

YOUR ROADMAP TO OPTIMAL HEALTH

PHASE 1 - COMPREHENSIVE INITIAL ANALYSIS

I WILL:

- Review your completed health questionnaire
- Analyse your biochemical test results
- Recommend additional blood tests or stool tests
- Prepare a medical letter for your GP requesting blood or stool tests
- Research, review and analyse your medication & supplements
- Review your 5-day food diary & lifestyle tracker and food pictures

PHASE 2 - Implement and optimize meal plans, supplements and action plan

- I will give you tips and tricks so that you understand the underlying issues and help you get back on track.
- We will review your cupboard with supplements and food and go shopping (online or in person) so that you save time searching for the best products and avoid marketing tricks. You also learn about easy food combinations.
- I will recommend a supplements protocol and explain the dosage.
- I will point out the best recipes and meal plans or elimination diet (low FODMAP, histamine, anti-inflammatory, anti-fungal, weight loss)



PHASE 3 - weekly accountability LIVE Q&A coaching sessions for six months and six private sessions

- You will have access to supporting materials and a **weekly group LIVE session** where I will review your meals and answer your questions.
- You will have access to weekly **hormone yoga therapy LIVE sessions** with me so that you can rebalance your hormones and get back on track.

IS THERE A GUARANTEE?

YOUR EFFORT = YOUR RESULTS GUARANTEE

“YOU CAN LEAD A HORSE TO WATER BUT CAN'T MAKE IT DRINK.”

I CAN'T PHYSICALLY CONTROL YOUR ACTIONS OR YOUR THINKING.

**I CAN'T DO LIFESTYLE CHANGES FOR YOU.
THAT'S WHY YOUR RESULTS ARE UP TO YOU.**

**YOU GET OUT WHAT YOU PUT IN. I WILL SUPPORT YOU EVERY STEP OF
THE WAY, BUT YOU NEED TO DO THE WORK.**

TOTAL VALUE: 6398 EUROS/CHF

YOUR INVESTMENT: 1997 EUROS/CHF

OPTION #1

Pay in full 1997 euros/CHF

and get an irresistible **BONUS**

**Personalized 30-days supplement package
delivered to your home (value 100 euro/CHF)**

OPTION # 2

6 Monthly payments of 333 euros

OPTION # 3

12 Monthly payments of 180 euros

