

# HAPPY HORMONES PACKAGE

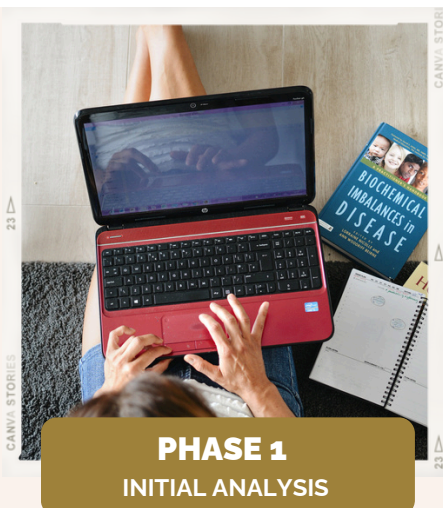
## WHO IS THIS FOR?

- Are you riding the **hormonal rollercoaster** and don't know where to start?
- Are you a woman 40+ struggling with **bloating, constipation, digestive issues, irregular cycles, belly fat, mood swings, low energy**, chronic **stress** or **poor sleep**?
- Let's uncover the **root cause** of why you don't feel like yourself so that you can get back on track and easily flow through your life.



## HOW WILL I HELP YOU?

- We **uncover** the mysterious **causes** of your health issues using cutting-edge functional medicine testing (blood, stool, urinary metabolites, DNA tests).
- We **co-create a sustainable strategic plan** for your lifestyle, including supplements, meal plans, mindset, meditation and movement.
- We'll have **weekly check-ups** to keep the momentum going and track your progress.
- You will become **THE MASTER OF YOUR HEALTH & CAPTAIN OF YOUR SOUL**.



## IS THIS PACKAGE RIGHT FOR YOU?

6 MONTHS

- The HAPPY HORMONES package is a hybrid program that allows you to **schedule private sessions and join group sessions** for inspiration and encouragement.
- 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; instead, **you'll be shown what to implement next** based on your weekly progress.
- You'll **save time & effort** and increase the success rate by taking **small actionable steps** over the six months.
- You'll 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** and **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



# THE 3 STEP SYSTEM

YOUR ROADMAP TO OPTIMAL HEALTH

6 MONTHS

## PHASE 1 - COMPREHENSIVE INITIAL ANALYSIS

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

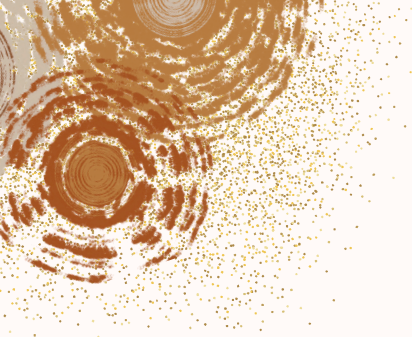
## PHASE 2

- Implement and **optimise meal plans, supplements and action plan**
- I give you **tips & tricks** to help you understand the underlying issues and get back on track.
- I review your cupboard with supplements and food and go **shopping** (online or in person) so that you save time searching for the best products
- I recommend a **supplement protocol** and explain the dosage
- I prepare **meal plans or elimination diets** based on your goals (low FODMAP, histamine, anti-inflammatory, anti-fungal, weight loss)



## PHASE 3

- Weekly accountability **LIVE Q&A group coaching sessions** for six months on ZOOM
- 6 x 60 minutes of **private sessions**
- Weekly **hormone yoga therapy** group online practice



# WHAT WILL YOU GET ?

6 MONTHS

## FUNCTIONAL MEDICINE HOLISTIC SUPPORT

- 1x comprehensive initial analysis, incl. 90 minutes of consultation
- 6x60 minutes of follow-up private sessions
- 6 months of weekly LIVE Q&A group sessions
- 6 months of weekly hormone yoga therapy online group session
- 6 months of **access to ALL ONLINE COURSES:**
  - **EAT CLEAN, GET LEAN**
  - **UNLOCK THE SECRETS OF ANTI-AGEING**
  - **HORMONE YOGA THERAPY**
  - **MEAL PLANS & functional medicine protocols**
  - **VISION BOARD & mindset tools**
- GET INSPIRED with "self-paced" modules including:
  - Workbooks
  - Action plans
  - Cookbooks
  - Swipe files
  - Templates
  - Video recipes
  - Exercise videos



## THE VALUE FOR YOU

6 MONTHS

TOTAL VALUE: 12.360 €/CHF

**YOUR INVESTMENT: 1.997 €/CHF**

### OPTION #1

**Pay in full 1.997 €/CHF**

get an irresistible **BONUS**

- **Personalised 60-day supplement package delivered to your home (value 200 €/CHF)**

### OPTION # 2

**Monthly payment 3 x 333 €/CHF**

(6 instalments)

## 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 implement 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 and commit to change.

