

HAPPY HORMONES PACKAGE

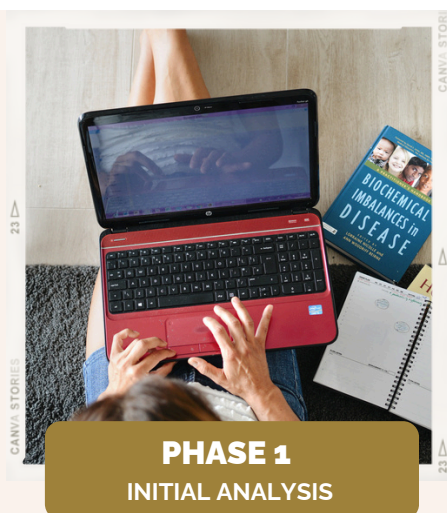
WHO IS THIS FOR?

- 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?

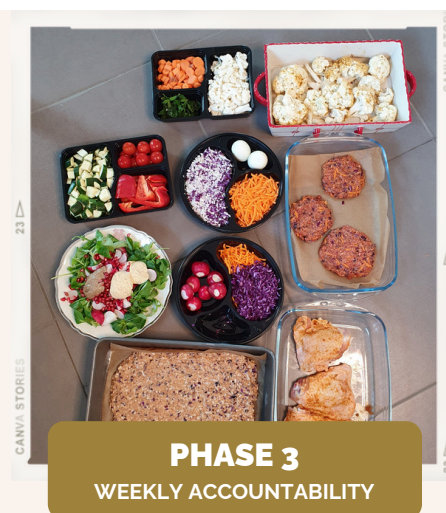
- We **uncover** the mysterious **causes** of your health issues using cutting-edge functional medicine testing (blood, stool, urinary metabolites, DNA tests).
- We **co-create a sustainable strategic plan** for your lifestyle, including supplements, meal plans, mindset, meditation and movement.
- We'll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



PHASE 1
INITIAL ANALYSIS



PHASE 2
IMPLEMENT & OPTIMISE



PHASE 3
WEEKLY ACCOUNTABILITY

IS THIS PACKAGE RIGHT FOR YOU?

6 MONTHS

- The HAPPY HORMONES package is a hybrid program that allows you to **schedule private follow-up sessions and join group sessions** for extra weekly 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.
- By taking small, actionable steps over the six months, you'll **save time and effort** and increase the success rate.
- 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 **rebalance your hormones** and **improve metabolic functions** by applying the power of science and 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
- Research, review and **analyse your medication & supplements**
- Review your **5-day food diary & lifestyle tracker, and food pictures**

PHASE 2 - 6x45 minutes follow-up session

- 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 - complimentary MEMBER ACCESS TO

- Weekly accountability **LIVE Q&A group coaching sessions** for six months on ZOOM
- Weekly **hormone yoga therapy** group online practice on ZOOM

WHAT WILL YOU GET ?

FUNCTIONAL MEDICINE HOLISTIC SUPPORT

6 MONTHS

- 1x comprehensive initial analysis, incl. 90 minutes of consultation
- 6x45 minutes of follow-up private sessions
- 6 months of intensive weekly support (2 x 30 min of **LIVE Q&A** group sessions and 1 x 30 min **hormone yoga therapy** sessions)
- 6 months of **access to ONLINE self-paced COURSES**:
 - **EAT CLEAN, GET LEAN**
 - **MEAL PLANS & functional medicine protocols**
 - **SCIENCE OF THE WEIGHT LOSS & INTERMITTENT FASTING**
 - **HORMONE YOGA THERAPY**
 - **BODY & MIND detox**
- 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 **BONUSES:**

- Assistance ordering **functional medicine tests with practitioners' discounts (33% off on test kits)**
- Assistance ordering **supplements** and a complimentary package worth 200 CHF

OPTION # 2

Monthly payment 6 x 333 CHF

No supplements or test discounts are included

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.

