

HAPPY HORMONES PACKAGE

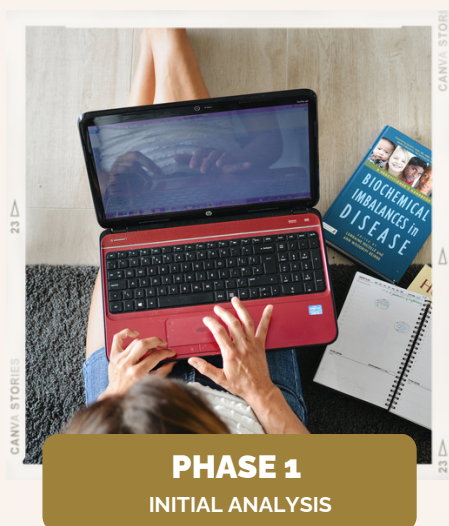
WHO IS THIS FOR?

- Are you riding the **hormonal rollercoaster** and don't know where to start?
- Are you a woman 30+ struggling with **bloating, constipation, digestive issues, irregular cycles, belly fat, mood swings, low energy, chronic stress and inflammation** 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.



WHAT'S IN IT FOR YOU?

- We co-create a clear, realistic dietary and lifestyle plan that includes balanced and nutrient-dense meals, nutraceuticals and botanical supplements, a positive mindset, and a daily routine tailored to your life.
- You will have access to **LIVE Q&A sessions for accountability**, check-ins, and support. This is a space to ask questions, **feel seen**, and know I have your back, because even simple changes can feel hard when unravelling years of habits and beliefs.
- You will step into your power, **becoming the master of your health and captain of your soul**.



PHASE 1
INITIAL ANALYSIS



PHASE 2
IMPLEMENT & OPTIMISE

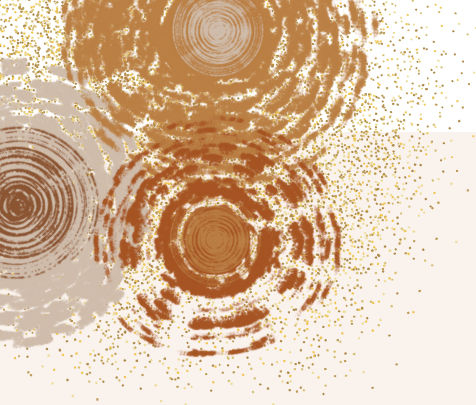


PHASE 3
WEEKLY ACCOUNTABILITY

IS THIS PACKAGE RIGHT FOR YOU?

- The HAPPY HORMONES package is a hybrid program that allows you to **schedule private follow-up sessions and join group sessions** for extra inspiration and encouragement.
- By getting regular sessions, 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 progress and needs.
- Taking weekly, actionable steps over the three months will **save time and effort** and increase the success rate.
- You'll keep the momentum going by getting inspiration and motivation to continue your hero's journey and **become unstoppable**.
- You will learn how to **rebalance your hormones** and **enhance metabolic function by combining** the power of science and spirituality.
- A **holistic approach** using the five pillars of well-being and the **nutritional therapy approach**
 - mental
 - emotional
 - physical
 - spiritual
 - nutritional





YOUR ROADMAP TO OPTIMAL HEALTH

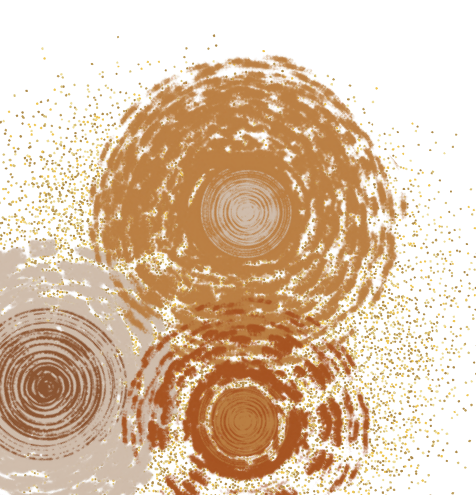
PHASE 1 - COMPREHENSIVE INITIAL ANALYSIS

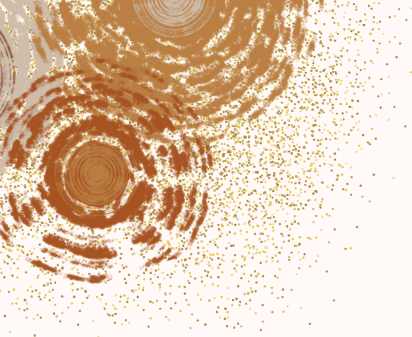
- **Together** we'll review your completed **health questionnaire** and map your personal health timeline — connecting key events, stressors, and symptoms to see how your story unfolded.
- I'll analyse your **previous tests and reports from your medical professionals**, looking beyond standard ranges to spot subtle imbalances your doctor may have overlooked.
- I'll review any **current medications or supplements to identify what's helping and what might be working** against you.
- You'll submit a **5-day food diary**, lifestyle tracker, and food pictures so we can get a real picture of your habits and triggers.

PHASE 2 - 6x45 minutes FOLLOW-UP SESSION

- We'll implement and optimise your personalised action plan, including meals, **precision nutrigenomics supplements**, and lifestyle upgrades.
- I'll give you practical tips & tricks to understand your root causes and stay on track without overwhelm.
- We'll review your cupboard and **go "shopping" together** (virtually or in-store), so you stop wasting money on guesswork.
- I'll guide you through targeted meal plans or elimination diets (such as **low FODMAP, anti-inflammatory, histamine-reducing, or weight loss**) based on your goals.

PHASE 3 - Exclusive Complimentary Member Access

- 
- You'll gain access to live group Q&A and coaching calls on Zoom, allowing you to stay motivated, ask questions, and feel fully supported.
 - You'll also get access to **pre-recorded and live hormone yoga therapy sessions** to regulate your nervous system and rebalance your body on a deeper level.



WHAT WILL YOU GET?

THE SUPPORT YOU'VE BEEN LOOKING FOR

- 1 x comprehensive initial analysis, incl. 90 minutes of consultation and a written summary with an action plan after the session (720 CHF)
- 6 x 45 minutes of follow-up private sessions (6x 180 CHF)
- 3 months of **LIVE Q&A** group sessions on ZOOM
- 3 months of **access to selected ONLINE self-paced COURSES**:
 - **EAT CLEAN, GET LEAN**
 - **SCIENCE OF 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



YOUR SHORTCUT TO FEELING BETTER

YOUR INVESTMENT: 1.997 CHF (including VAT 8,1%)

Only private sessions can be recognised by health insurance up to 1800 CHF, courses and group sessions as complementary by some insurance companies. Contact your provider for details.

OPTION #1

Pay in full 1.997 CHF

Get irresistible **BONUSES:**

- Personalised **supplement package** (value 300 CHF) delivered to your home address.
- Weekly **online group LIVE hormone yoga therapy** session on ZOOM and Q&A calls

OPTION # 2

Monthly payment 3 x 666 CHF

No access to group calls & no supplements package

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.

This package does not include functional medicine, cutting-edge testing or interpretation of complex tests. It is intended for nutritional therapy only!

