

# HAPPY HORMONES PACKAGE

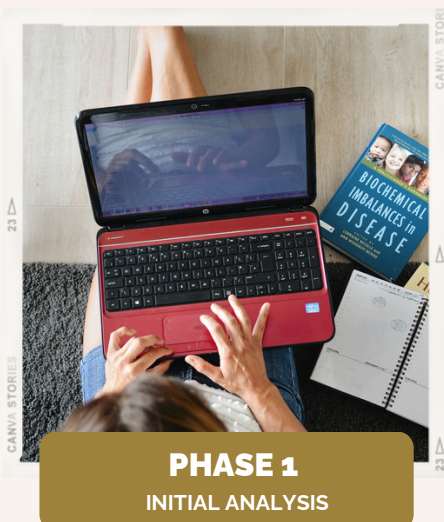
## WHO IS THIS FOR?

- **Infertility, PCOS, endometriosis or (peri) menopause** hormones rule our health.
- 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.



## 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 weekly **LIVE Q&A sessions and workshops 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 unhelpful habits and limiting beliefs.
- You will step into your power, **becoming the master of your health and captain of your soul**.



## 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

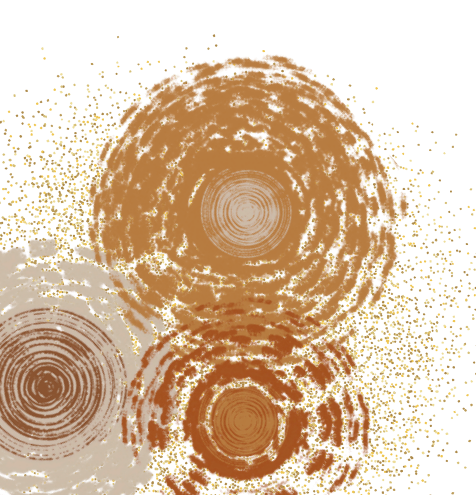
## PHASE 1 - COMPREHENSIVE INITIAL ANALYSIS

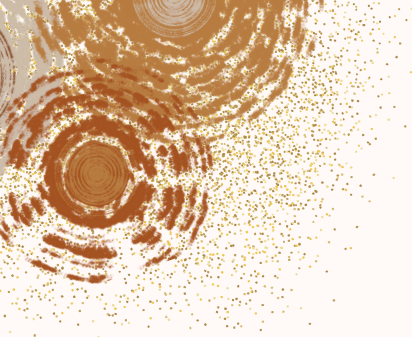
- **Together** we'll review your completed **health questionnaire** and map your personal health timeline — connecting key events, stressors, and symptoms to see how your story unfolded.
- I'll analyse your **previous tests and reports from your medical professionals**, looking beyond standard ranges 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

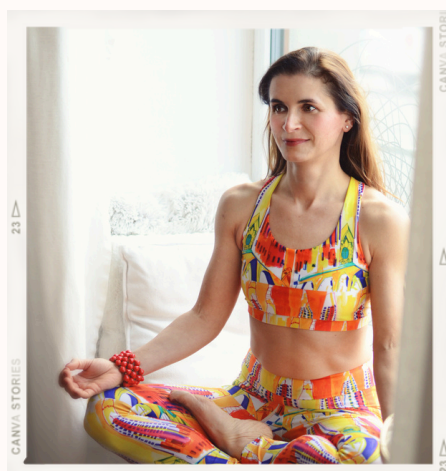
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- You'll gain access to live group Q&A and coaching calls on Zoom, allowing you to stay motivated, ask questions, and feel fully supported.
  - You'll also get access to **pre-recorded and live hormone yoga therapy sessions** to regulate your nervous 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, including **10 hours of preparation, 90-minute consultation & written summary report** (720 CHF excl. VAT)
- 6 x 45 minutes of follow-up private sessions (6x 180 CHF excl. VAT)
- 3 months of weekly **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. Courses and group sessions are considered complementary by some insurance companies. Please reach out to your provider for details. It is your responsibility.

### OPTION #1

#### Pay in full 1.997 CHF

Get irresistible **BONUSES:**

- Personalised **supplement package** (value 200 CHF) delivered to your home address.
- Weekly **online group LIVE hormone yoga therapy** session on ZOOM and Q&A sessions

### 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!**

