

# HORMONES & GUT RESET

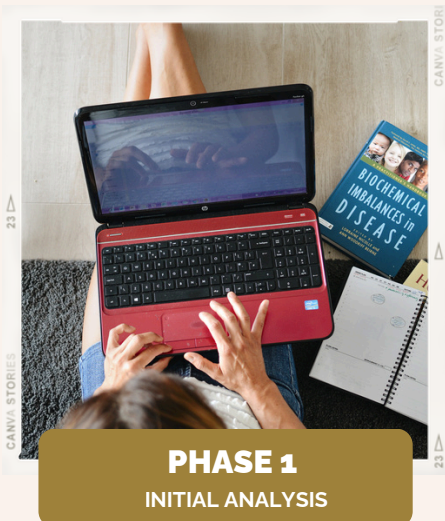
## WHO IS THIS FOR?

- Have you been **diagnosed with PCOS, endometriosis, fibroids, insulin resistance, IBS, perimenopause, or thyroid issues**, and what you need now is practical advice on what to eat, when to eat, and how to live with it day to day?
- Do you want **one practitioner** who reads your medical reports, your symptoms and help you modify your dietary and lifestyle habits to restore, rebalance and reverse debilitating symptoms?



## WHAT'S IN IT FOR YOU?

- A plan we co-create together. Clean & simple food, the right supplements to help rebalance the hormones and missing nutrients., We build daily rhythm around your busy lifestyle with sustainable and actionable habits.
- Weekly live Q&A on Zoom, every week for 3 months. A space to ask questions, feel seen, and know I have your back when motivation dips, because even simple changes feel hard when you have been carrying old habits for years.
- **You feel like yourself again.**



**PHASE 1**  
INITIAL ANALYSIS



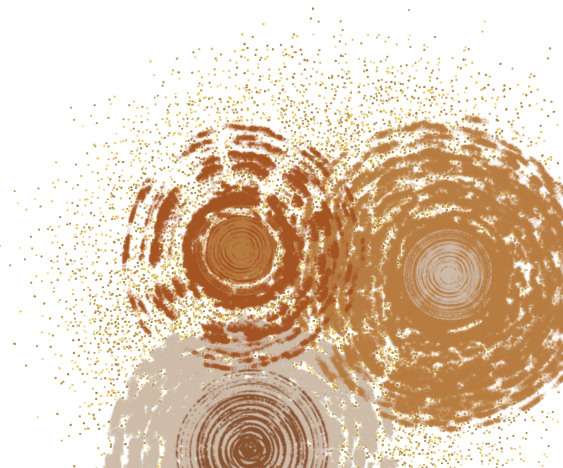
**PHASE 2**  
IMPLEMENT & OPTIMISE



**PHASE 3**  
WEEKLY ACCOUNTABILITY

## IS THIS PACKAGE RIGHT FOR YOU?

- This 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 confusing.
- 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

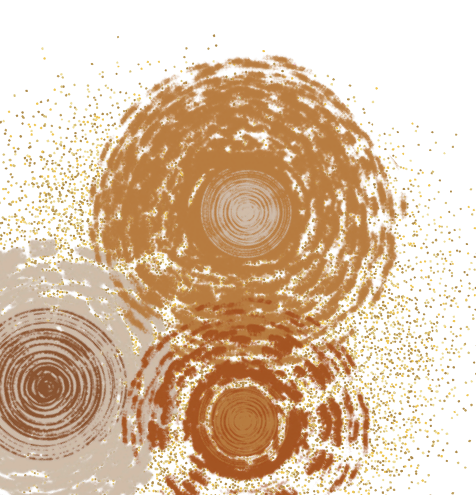
## PHASE 1 - COMPREHENSIVE INITIAL ANALYSIS

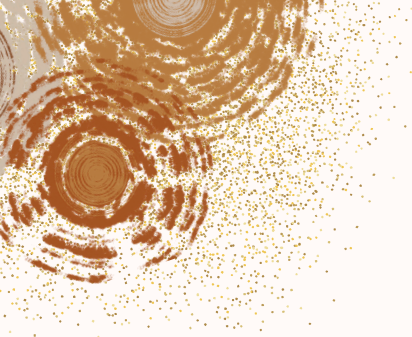
- **Together** we'll review your completed **health questionnaire** and map your personal health timeline, connecting key events, stressors, and symptoms to see how your story unfolded.
- I'll analyse your **previous tests and reports from your medical professionals**, looking beyond standard ranges 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 and **optimal supplements for your health condition**.
- I'll give you practical tips & tricks to understand your root causes and stay on track without overwhelming biochemistry and physiology.
- 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, cardiometabolic, histamine-reducing, or weight loss protocols**) based on your goals.

## PHASE 3 - Exclusive Complimentary Member Access

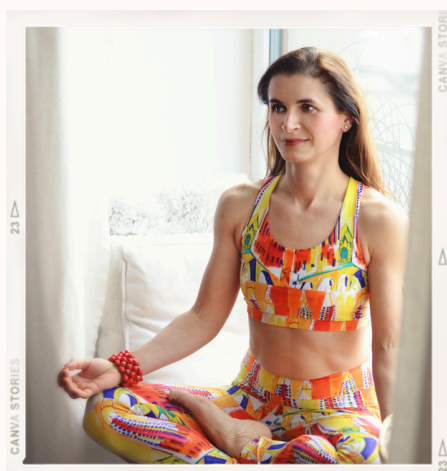
- You'll gain access to live group Q&A and coaching on Zoom, allowing you to stay motivated, ask questions, and feel fully supported.
  - You'll also get access to **pre-recorded and live hormone yoga therapy sessions** to regulate your nervous system and rebalance your body on a deeper level.
- 



# WHAT WILL YOU GET?

## THE SUPPORT YOU'VE BEEN LOOKING FOR

- 1 x comprehensive analysis, including **10 hours of preparation, 90-minute consultation & written summary report**
- 6 x 45 minutes of follow-up private sessions
- 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

## **PAY IN FULL: 1,997 CHF**

What you get:

- The full programme with private sessions
- The Eat Clean Get Lean course (worth 597 CHF)
- The Hormone Yoga Therapy course (worth 597 CHF).

## **PAY IN 3 INSTALMENTS OF 666 CHF**

Total 1,998 CHF

Essentially the same price.

The same programme private sessions but **without the 2 course bonuses.**

## **YOUR INSURANCE REIMBURSEMENT**

I am registered as a nutritional therapist and as a Hatha yoga therapist, both recognised by Swiss complementary health insurance.

When you pay in full, you can submit up to 1,947 CHF in invoices across the programme:

- Your sessions (90-minute comprehensive, 6 × 45-minute): up to 1,350 CHF
  - Your Hormone Yoga Therapy participation: up to 597 CHF (if you pay in full and have complimentary access to the otherwise paid course)
- 