

# HORMONES & GUT RESET

## RESTORE & REBALANCE

### WHO IS THIS FOR

- Have you been diagnosed with PCOS, endometriosis, fibroids, insulin resistance, IBS, perimenopause, or thyroid issues, and **feel confused about what to eat**, which supplements to take, and how to support your body day to day?

### WHAT'S IN THIS OFFER FOR YOU

- A plan we **co-create together** based on your lifestyle and dietary needs, so you wake up with steady energy, a clearer mind, and a body that feels like yours again.
- Practical strategies and carefully selected food and supplements to help rebalance your hormones and support your nutritional needs.

### WHY CLIENTS GET BETTER RESULTS WITH ONGOING SUPPORT

- This package is a hybrid program that allows you to **schedule private follow-up sessions and join weekly Q&A office hours sessions for ongoing guidance, accountability, and support.**
- By getting regular sessions, you **avoid making dietary and lifestyle mistakes** and the information overload that can be overwhelming and confusing when you don't know where to start.
- **You won't need to search through hours of videos.** Instead, you'll be shown what to implement next based on your results, progress and needs to reach your goals.
- By taking weekly, actionable steps, you will **save time and effort and improve consistency and long-term results.**

### HOW WE WORK TOGETHER

#### 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.
- We'll analyse your **previous tests and medical reports**, looking beyond standard laboratory ranges to identify subtle imbalances that may contribute to your symptoms.
- We'll review any current medications or supplements to identify possible interactions, inappropriate combinations, or unsuitable dosages.
- You'll submit a 5-day food diary, a lifestyle tracker, and food photos to give us a clear picture of your **habits and eating triggers.**

#### Phase 2: 6 x 45-minute follow-up sessions

- We'll implement and **optimise your personalised action plan**, including meals and targeted supplementation strategies.
- I'll give you **practical tips** to understand your root causes and stay on track without overwhelming biochemistry and physiology.
- We'll review your kitchen staples and food choices together, so you stop wasting money on guesswork and know exactly what to put on your plate to feel satisfied and nourished.
- I'll guide you through targeted meal plans or elimination diets (such as low-FODMAP, anti-inflammatory, cardiometabolic, low-histamine protocols) tailored to your goals and health issues, so you avoid trial and error.

#### Phase 3 Weekly Live Support & Member Access (\*when paid in full)

- You'll gain access to live Q&A and coaching on Zoom, helping you **stay consistent, supported, and accountable.**
- You'll also get access to pre-recorded sessions that support nervous system regulation, stress resilience, and recovery.

## YOUR PERSONALISED SUPPORT PACKAGE

- **1 x comprehensive analysis**, including extensive preparation and review of your case history, 90-minute consultation and written session summary
- **6 x 45-minute private follow-up sessions**
- **3 months of weekly live Q&A sessions**
- **3 months of access to selected online self-paced courses:** Eat Clean, Get Lean; Science of Weight Loss & Intermittent Fasting; Hormone Balance Method; Body & Mind Detox
- Workbooks, action plans, meal plans, recipes and templates

## INVESTMENT OPTIONS

**Pay in full: CHF 1'997 (incl. VAT 8.1%)**

**What you get:**

- The full programme with private sessions
- Weekly live Q&A sessions on Zoom for 3 months
- The Eat Clean, Get Lean course (worth CHF 597)
- The Hormone Balance Method course (worth CHF 597)

**Pay in 3 instalments of CHF 666** (Total CHF 1'998 incl. VAT 8.1%).

**Both payment options include the same private sessions. Paying in full also includes complimentary access to weekly live Q&A sessions and select online courses, at no additional cost.**

## YOUR INSURANCE REIMBURSEMENT

Your sessions may be reimbursed depending on your individual supplementary policy. Ask your insurer to check your policy.

**Book your free discovery call at <https://go.oncehub.com/blankadiscoverycall>**