

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?

This is for those who have been told everything is normal, yet still do not feel like themselves and need clearer answers.

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.
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WHY CLIENTS GET BETTER RESULTS WITH ONGOING SUPPORT

This hybrid programme combines personalised nutritional therapy with ongoing expert guidance over 3 months to help you build consistent habits and see real progress.

- A hybrid programme with **private follow-up sessions** and **weekly live Q&A sessions** for ongoing guidance, accountability, and support.
 - By working together regularly, you avoid making dietary and lifestyle mistakes and the information overload that comes with trying to figure this out alone.
 - You won't need to search through hours of videos. I show you exactly what to implement next, based on your results, progress, and goals.
 - By taking weekly, actionable steps, you will save time and effort and improve consistency and long-term results.
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HOW WE WORK TOGETHER

Phase 1: Comprehensive initial analysis

- Together, we review your completed health questionnaire and map your personal health timeline, connecting key events, stressors, and symptoms to see how your story unfolded.
 - We analyse your previous tests and medical reports, looking beyond standard laboratory ranges to identify subtle imbalances that may be contributing to your symptoms.
 - We review your current medications or supplements to identify possible interactions, inappropriate combinations, or unsuitable dosages.
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- You 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 implement and optimise your personalised action plan, including meals and targeted supplementation strategies.
- I give you practical guidance to understand your root causes and stay on track, without overwhelming biochemistry.
- We review your kitchen staples and food choices together, so you stop wasting money on guesswork and know exactly what to put on your plate.
- I guide you through targeted meal plans or elimination diets (such as low-FODMAP, anti-inflammatory, cardiometabolic, low-histamine protocols) tailored to your goals.

Phase 3: Weekly live support & member access (when paid in full)

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

YOUR PERSONALISED SUPPORT PACKAGE

- **1 comprehensive analysis**, including extensive preparation and review of your case history, followed by a 90-minute consultation and a written session summary
- **6 x 45-minute** private follow-up sessions
- **3 months** of weekly live Q&A sessions on Zoom
- **3 months of access** to selected online self-paced courses, including Hormone Balance Method
- Workbooks, action plans, meal plans, recipes and templates

INVESTMENT OPTIONS

PAY IN FULL

CHF 1'997

(incl. VAT 8.1%)

- The full programme with private sessions
- 3 months of weekly live Q&A sessions on Zoom
- The Eat Clean, Get Lean course (*worth CHF 597*)
- The Hormone Balance Method course (*worth CHF 997*)

or 3 monthly payments of CHF 666

- The full programme with private sessions
- Monthly plan does not include live Q&A or course access

Both options include the same private sessions. The additional resources listed above are provided to full-pay clients as a reward for their commitment and continuity. The monthly plan is designed for flexible access and does not include these bonuses.

YOUR INSURANCE REIMBURSEMENT

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

Book your free discovery call

go.oncehub.com/blankadiscoverycall

Blanka Campbell | BANT Registered Nutritional Therapist | CNHC