

8 WEEKS TO UNLOCK YOUR HORMONE CODE

"I am Her: I am Strong, Resilient, and Healthy, and I know this without question"

THE HEALTH PROGRAM WHERE WEIGHT LOSS IS NOT THE FOCUS BUT INEVITABLY A SIDE EFFECT.

Uncover the secrets to transforming your mindset, balancing your hormones, and embracing a lifestyle that has you feeling AMAZING in mid-life.

THE PROGRAM EXPERIENCE

During perimenopause and menopause, your body goes through significant hormonal shifts. Fluctuations in estrogen, progesterone and other hormones can lead to weight gain, fatigue, mood swings, hot flashes, decreased libido and a number of other symptoms that can leave you feeling lost or hopeless. Your body doesn't respond the way it used to and you have no idea how to move forward. Miserable, bloated and feeling like a constant failure is not a place anyone wants to be. The reason you may not be seeing or feeling the results you desire is that you're likely not addressing your HORMONES. Many women don't approach these changes with a big-picture mindset and therefore any changes they do see, fade quickly with the next phase of menopause. I've learned the tools (many firsthand) that empower middle-aged women to live their best lives, feel confident, and tap into their inner power. This is not a 'quick-fix' program. We're thinking big picture, sustainable results and finding clarity for lasting change.

WHAT'S INCLUDED:

<p>EXCLUSIVE COMMUNITY:</p> <ul style="list-style-type: none"> Exclusive Facebook Group - Ongoing support from women who just... get it - Accountability partner to keep you MOTIVATED! - I'll be right there with you the entire time 	<p>EXTENSIVE TOOLKIT:</p> <ul style="list-style-type: none"> 15 in-depth documents & workbooks covering goal setting, tracking, recipes, nutrition, gut health, managing menopause, stress and more... - Extensive hormone questionnaires - 29-page guide that includes information on Detox, Liver Congestion, Endocrine Disrupting Chemicals, Estrogen Metabolism and lots more. 	<p>(ALMOST) 24/7 SUPPORT:</p> <ul style="list-style-type: none"> 4 LIVE group coaching calls to teach, support, and customize your plan - LIVE videos inside the exclusive Facebook group - Email support from me! 	<p>RECIPES & MEAL SUGGESTIONS:</p> <ul style="list-style-type: none"> 3 Weeks of Meal Suggestions & Shopping Lists - A Food Diary, essential for clarity - The F*ck-It Diet Recipes, a 76-page recipe book - No-sugar indulgent breakfast recipes Plus MORE!
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THE PROGRAM MODULES:

<p>MINDSET SHIFT <i>Transform your mindset around your goals and health success.</i></p>	<p>KICKSTART YOUR METABOLISM <i>Learn how to kickstart your metabolism with nutritional guidelines and tools on sleep, strength training and water intake.</i></p>	<p>SELF-LOVE <i>Identify where you're holding yourself back and sabotaging your health journey.</i></p>	<p>THE FOOD <i>Building healthy habits around the food you eat without restriction, cutting, or unrealistic expectations</i></p>
<p>MOVEMENT <i>Understanding the importance of daily movement that suites YOU with easy-to-follow options and plans.</i></p>	<p>UNLOCKING YOUR CODE <i>Get to know your hormones and all the good stuff that can help balance them.</i></p>		<p>PLUS AN EXTENSIVE TOOLKIT <i>(Including 15 in-depth documents & workbooks)</i></p>

Reclaim Your Confidence.
Transform Your Body, Mind and Your Life

"I have hit my goal weight, I know that I have what it takes to maintain my weight and stay fit! I've learned so much through this process and having all of you amazing ladies going through the same process has been invaluable"

TELL ME MORE & SIGN ME UP!