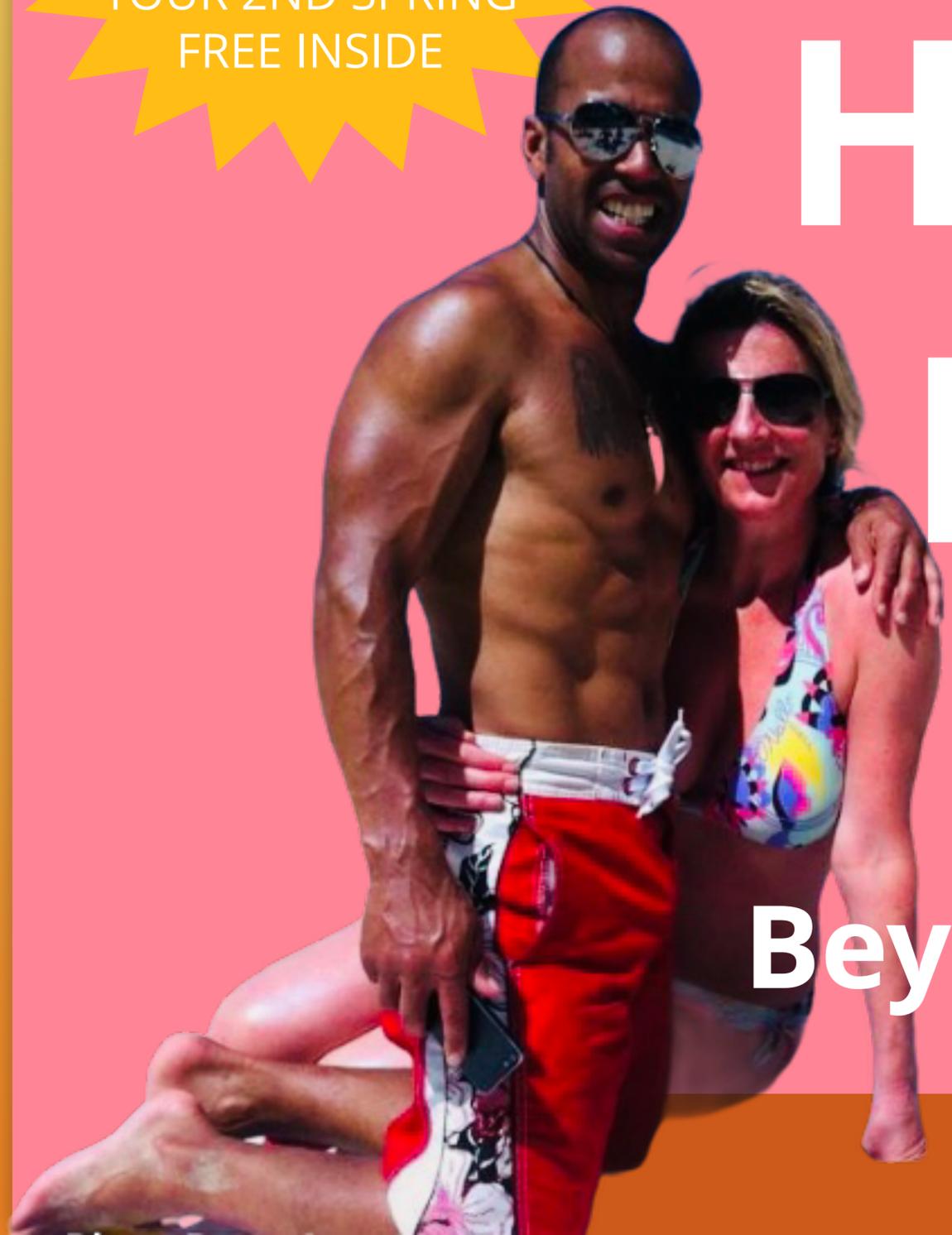


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Beyond The 4th Decade

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HER LIFE CHANGED AFTER 20 YEARS OF STRUGGLE



2 Years ago Christianne made a decision to focus on herself. A decision that has changed her life beyond what she thought possible. She was exercising more and eating healthy but her weight didn't budge!

Christianne had been searching endlessly online for the solution to losing the weight she wanted because it was affecting her self esteem and self confidence more and more, as time went by. All she knew was that she had to find help and quickly, it wasn't just her health but how could she be the role model for her daughter if she was unhappy with herself.

She was repeating the same cycles over and over, getting bored very quickly with the gym and the restrictions from the dieting; quit.....felt bad about quitting then starting all over again! Enough was Enough!

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One thing that struck a nerve with Christianne was when she realised she was doing all of the classic things that she'd been reading so much about; endless scrolling through the net, not just doing those terrible diets but going back to them and expecting a different result each time she did them!

Christianne reached out to me and we talked through what 'she' wanted for herself but I very quickly realised how she'd been planning her goals, was very much dictated by what her husband was doing and was her daughter wanted to do.....she was the last very last priority even after the dog.



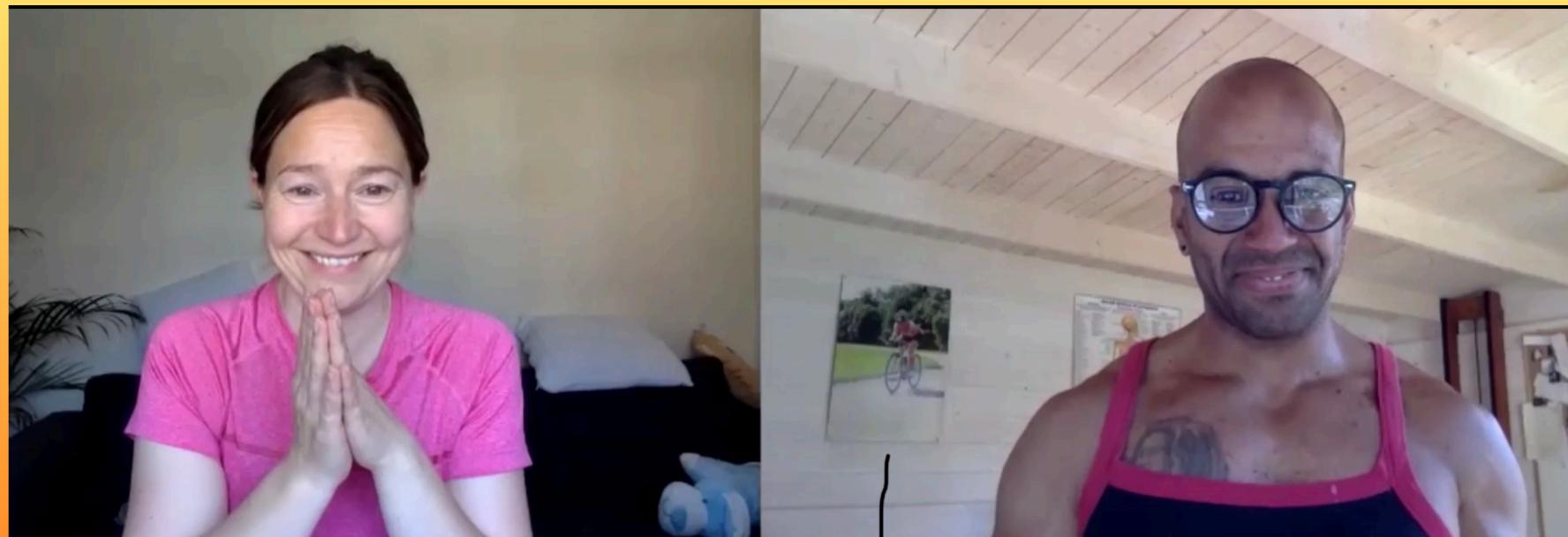
This had to change in order for her needs to be met and for her to be able to take care of her family the best way possible!

I explained to Christianne a strategy for her not just achieving all of her goals but to keep them and go on to become an inspiration to other women who were struggling with their weight, self confidence, self esteem and be able to support her family better than she'd ever done before. It was at this stage, she couldn't quite imagine being this person but it was everything she wanted but couldn't allow herself to think it.



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We quickly started putting together a plan of action that worked for her and her lifestyle, ensuring everything was achievable at every step of the way; no stone was left unturned regarding nutrition, lifestyle choices, exercise and most importantly we challenged all of those misconceptions she'd gathered along the way. She **lost 22lbs and 7inches** from her waist & **BOOSTING HER SELF ESTEEM & SELF CONFIDENCE!**



2 years later she remains at her goal weight, her family is the happiest, calmest, most united they've ever been; with Christianne at the helm but most importantly, she has taken control of her health & well-being first because she knows it's from this point she can support them the best.

She is also embarking on a coaching career of her own and continues to be an inspiration to other women who are just beginning their journey to feeling amazing, eating foods they love and being in great shape.

She said to me..."this is brand new territory and it feels amazing"



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“I’VE GIVEN BIRTH TO A NEW VERSION ON ME” - JESSICA’S JOURNEY



To begin with Jessica had part of herself thinking, wow I’ve got so many other commitments in her life, why am I focusing on this right now but an even bigger driving force was thinking, this is the perfect time to be thinking about her health because everything else depends on my health right now!

Jessica is a proud mum and wife and runs an amazing language business where she manages a team of 70+ people and had been battling with her weight for years. She had a routine in place but even though she felt she was eating healthy foods and being mindful of her lifestyle choices, nothing was working. She said for the very first time she felt her health worth worth investing in and on Day 1, she said “Never in her life has she been focused on taking such care of her health”. This was the beginning of an amazing journey of self discovery, greater understanding and joy.



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NEVER BEFORE HAD SHE FOUND A PLAN THAT WORKED FOR HER LIFESTYLE, never had she found something that would fit in around her likes & dislikes, this resulted in guess work and creating the belief that what she was doing was right but the big piece of the puzzle that was missing...was the results; feeling great about herself, knowing how her body was working in her 2nd spring and **HOW TO EAT FOOD SHE LOVED** and still see amazing changes.



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Overcoming previous thoughts and feelings surrounding what is 'allowed' and what 'isn't allowed' was our first hurdle, because her mindset was that of "what if I don't follow this to the letter.....will I have failed" and ultimately fearing the process rather than embracing it. This is such a common feeling when starting a program or course that what she was doing was so much more constructive and beneficial to her health than previously.

She very quickly realised that nothing would work well in her business, relationships & life without health as the foundation pillar to everything!

Her previous experiences of being around people who were healthy, meant they had to have wealth first to be able to be healthy..... Recognition of this and choosing to take action, made it absolutely possible for her.

She now realised she had the choice and ability to make a commitment to her health. The healing from the inside mantra, allowed Jessica to reboot her health permanently!



The plan was working for nutrition, exercise and most importantly mindset and Jessica was moving in the direction she wanted to go, her body shape was changing, she was feeling confidence return and one of the most important parts was that she was ditching stress for calm and relaxation.

The most important things for Jessica is that she knew I was totally on her side, she was able to ask any questions whenever they came up and as a result, she was experiencing amazing outcomes with food choices and exercising.

A TRUE WIN/WIN!

But how would this formula work when holidays or days out came into play?

Wearing strappy tops with confidence, eating foods she loves and having a glass of wine knowing there'd be no self sabotage on the horizon.....it worked and is still working now!

“Over the past 9 months I honestly feel like I’ve given birth to a new version of me. I’ve not only lost 35lbs but I’ve given up a fair amount of stress, alcohol, worry, big clothes and poor habits”

FEELING LIKE SHE'D TURNED BACK THE CLOCK 10 YEARS



“When I hit the Menopause, the pounds started to come on, I tried exercising every day and watching what I eat and nothing worked!”

When I met Jan in 2018, she'd be battling with the guess work, she was going through the menopause and was trying everything she knew to shift the weight that was creeping on. She'd always been a size 10/12 in her 20 & 30's but now no matter what she did, she couldn't seem to win the battle against her own body; it was well and truly working against her!

Jan had been used to feeling the confidence of being a certain weight and shape all of her life but all of a sudden things started to change; “I was working out harder and harder using my own ideas, I started to turn into a potato”.

Together we worked out a 'Roadmap' for Jan to follow that would fit in with her busy life as a professional coach and psychotherapist and it was important it didn't get in the way of her love for travel.

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Jan made the decision to go with the flow of the program, after all this was the change she was seeking out; she'd had enough of exercising every day and the restrictions she was constantly placing on herself and knew asking for help was the best solution.

"I JUST WENT FOR IT.....AND IT WORKED!"

WITHIN THE FIRST 2 WEEKS JAN WAS NOTICING HER BODY SHAPE CHANGING AND SHE WAS FEELING MORE ENERGISED THAN SHE HAD IN YEARS!

We can all think that getting in shape is easy and it's all about eating less and exercising more but Jan, like so many people out there, had fallen for this misconception. She was now eating more and exercising less but gaining more energy, losing the pounds and had more time with her husband, her love of gardening, long walks and still enjoyed her travelling as she'd done before.

Jan had been suffering with debilitating hip and back pain for many years and now had an exercise routine that corrected that...one less thing to worry about; now she knew what to do. It's not just about exercising, it's about knowing what type of exercise to do, how often to do it and how to manage it herself. It is always my mission for every woman to become self sufficient, after all if you have to keep going back to the same person time after time; something isn't working in the first place!



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FOR ME THE MOST IMPORTANT THING IS TO BE THERE TO OFFER SUPPORT WHENEVER IT'S NEEDED!

This proved extremely helpful for Jan, I get a message from her while out shopping and a particular product wasn't in stock..... now I know most people would just take a guess and ask later but it's in these moments when reaching out to confirm the small things, that makes the big things seem easy to achieve.

As we progressed through the 3 months, new habits were forming, confidence was building and Jan was becoming self sufficient. It's always a great moment coming to the end of a program and knowing they have all of the answers they need for life long health and wellness but also knowing they will always be part of a small group of women who have the support of a group if they need it. She said **"I feel like I've turned the clock back 10yrs"**

Jan and I have also combined forces fo her to share her expertise with new women joining the program, which is proving to be invaluable.

"I LOST 22LBS AND I AM THE SAME WEIGHT I WAS WHEN I WAS 21....."

2 YEARS ON I HAVE MAINTAINED THE SAME WEIGHT AND IT'S EFFORTLESS"

THE DIET INDUSTRY DOESN'T WANT YOU TO SUCCEED - EVER!



The Diet Industry in the UK alone is estimated at £2bn per year!

How many of those big companies profits would plummet if they gave you real solutions that worked long term?

I'm sure during their inception, most of the, now huge, diet companies would have been started with the best intentions of the customer in mind! However some way along the path; there's only one reason why they're so profitable now, is that people have to keep going back to use the same broken system to get short term results but only to fall off the wagon again shortly after re-starting! >

> Do you think this is a fair system? Do you think this is serving the needs of the people who put their faith in these products or services? Would you rather have quick results that don't last OR Would you rather have quick results that last a lifetime? I know what I prefer.



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Now I know business's have to make money right! But if that is at the expense of those who they are serving; this is where it should stop!

The notion of the consumer desiring a quick fix has in fact come from the providers of the product, not necessarily from the consumer themselves.

If you've been in a position before where you know you want to achieve something, it's understandable you'd want to get there as quickly as you can right.....and that is something that's inbuilt within us all (mostly all)

The notion that the majority of the diet industry is about restriction and limitation. I think everybody knows the less junk food you eat, if you exercise and have enough sleep and aren't strung out with stress; this will

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This

Or



This

Now to give you an example, which of the following would you choose to drink, a can of cola or a fruit smoothie? I looked at a well known supermarket branded smoothie vs a can of cola and the **cola has 33g of sugar** and the **smoothie had a staggering 43.2g of sugar. WHAT!!!**

The industry would like you to believe that the smoothie is the healthier option, however the amount of sugar in these products only further upsets your internal eco system when it comes to losing weight, feeling great and being in the shape you want over the age of 40. **Hidden sugar is everywhere!**

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The Cover Up Doesn't Stop There!

Food Restriction Diets are HUGE BUSINESS £££

If you are struggling right now to understand why your body isn't doing it's told; you're probably falling for more of these cover ups!

The average woman in the UK goes on 3 diets every year with every one lasting on average just 28 days, which is crazy thinking about why you may have started the diet in the first place.....to create lasting change and not to have to diet again

- The average woman in the UK spends a **whopping £25,000 on diets** in her lifetime trying to achieve a body shape or size she is happy with, how do you feel about that?

- 75% of women surveyed said they have unhealthy thoughts, feelings & behaviours relating to food

- 90% of women on diets regain the same weight and more over the coming years

STOP THE CONFUSION & FALLING FOR THE FALSE NEWS

No one wants to be told they are believing the wrong message and self sabotaging do they and I'm sure you're no different I'm sure?

I'm sharing this information because **YOU DESERVE TO BE TOLD THE TRUTH** and I know this will help you with creating your next step, the step that will bring you what you intended when you began on your journey to better health & well-being so you can **hit your goal weight**, be able to **eat foods you love** and **exercise when you want** to....surely that would be the preferred aim; is it for you?



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How To Understand Why Your Body Is Working Against You

We all know eating a healthy diet is essential to well-being and we all know that doing some sort of exercise is beneficial to boosting and managing your weight loss and improving how your body feels and looks when you look in the mirror right?

BUT it doesn't matter how much of this you do if how your body is broken. **You CAN fix this** when you learn how to hit the reset switch. Your body is a number of systems that all work hand in hand to do as you have instructed it to do over time. When you understand a little more about yourself, you can begin to create the changes you want; it's all about taking the complex and making it simple. **No Dieting or Counting Calories**

Hit the CTRL ALT DEL switch on how your body works to get:

- **Amazing Weight Loss**
- **Eat Foods You Love**
- **Exercise When You Want**
- **Inspire Your Family & Friends**
- **Have So Much More Energy**

SLOW & STEADY WINS THE RACE?

How many times do I hear this? This is something people say when they are struggling to get to their goals and they convince themselves it'll happen.....one day!



Approaching or going through the menopause your hormone levels drop (estrogen & progesterone mainly) which triggers an increase in stress hormone, how effective you are at using fat as energy & reduces your happy hormones too.....**BUT DON'T WORRY!**

You can change how your body burns fat and you can improve the amount of estrogen your body produces with your **CTRL ALT DEL reset** by following a step by step road map to kick starting your metabolism. I have worked with women who felt this wasn't possible & felt they had to just **STRUGGLE ON**. I've just finished working with a woman who's **lost 2 stone in 9 weeks**, all of her food allergies have gone, here PMT symptoms have reduced drastically and she sent me a message this morning saying her confidence levels were at an all time high and she was going for a promotion at work and she'd previously resigned herself to staying put for ever. **AMAZING!**



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Let's Have a Show Of Hands

If I were to ask you the following questions, would you agree or disagree?

- You must exercise more and eat less to lose weight?
- You must not eat deserts or have a glass or 2 of wine to be in shape?
- You must count calories to stay on track?
- Losing weight takes time and it's a struggle?



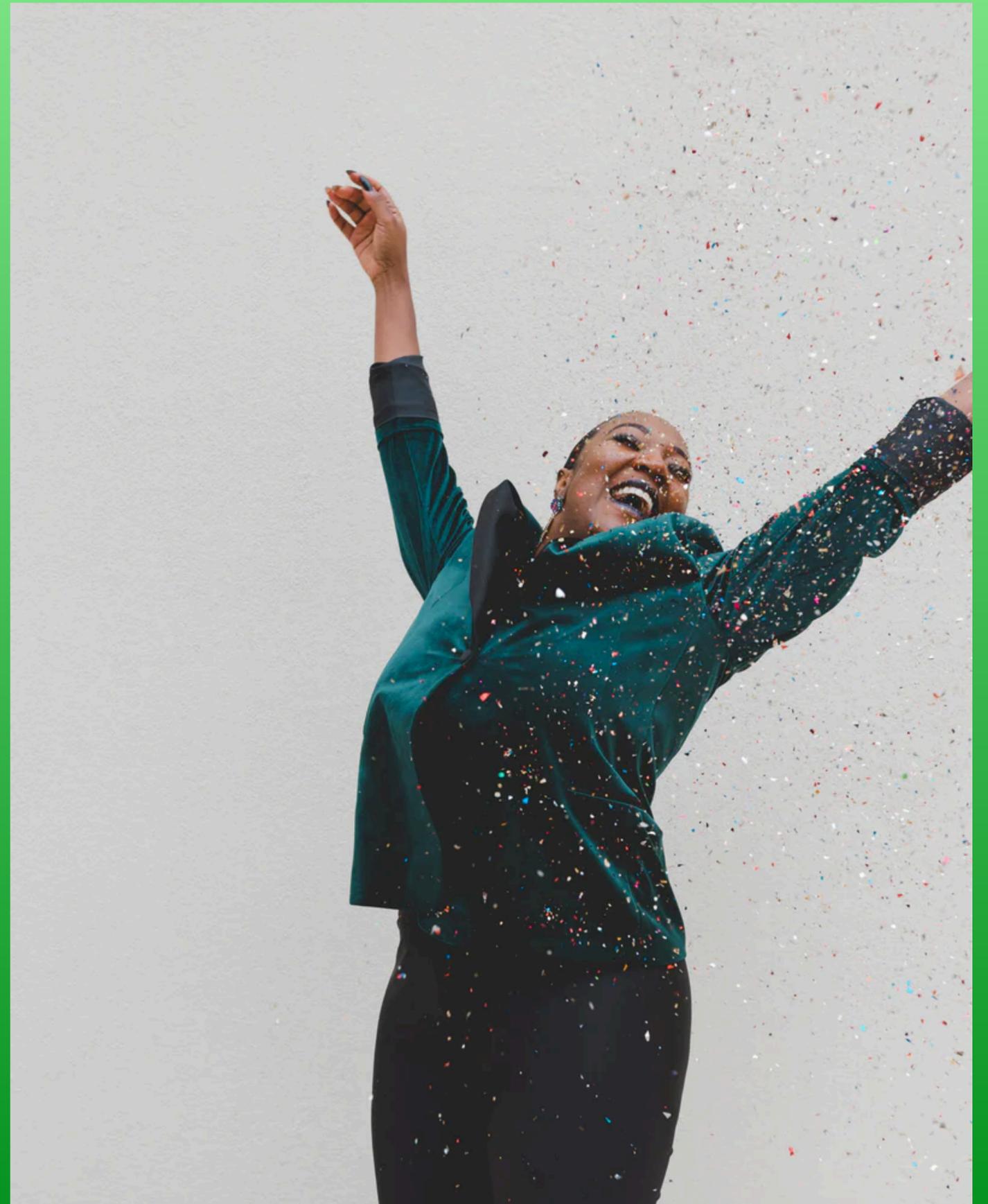
Would You Be Surprised

If I told you non of those statements were true?

- Exercise is another stressor, so **exercise as often as you want!**
- **Eating foods specifically for you,** not what the mainstream tell you to eat; foods that you can find in all supermarkets!
- Never count another calorie again!
- When you focus on your mindset, **weight loss becomes easy** to achieve!



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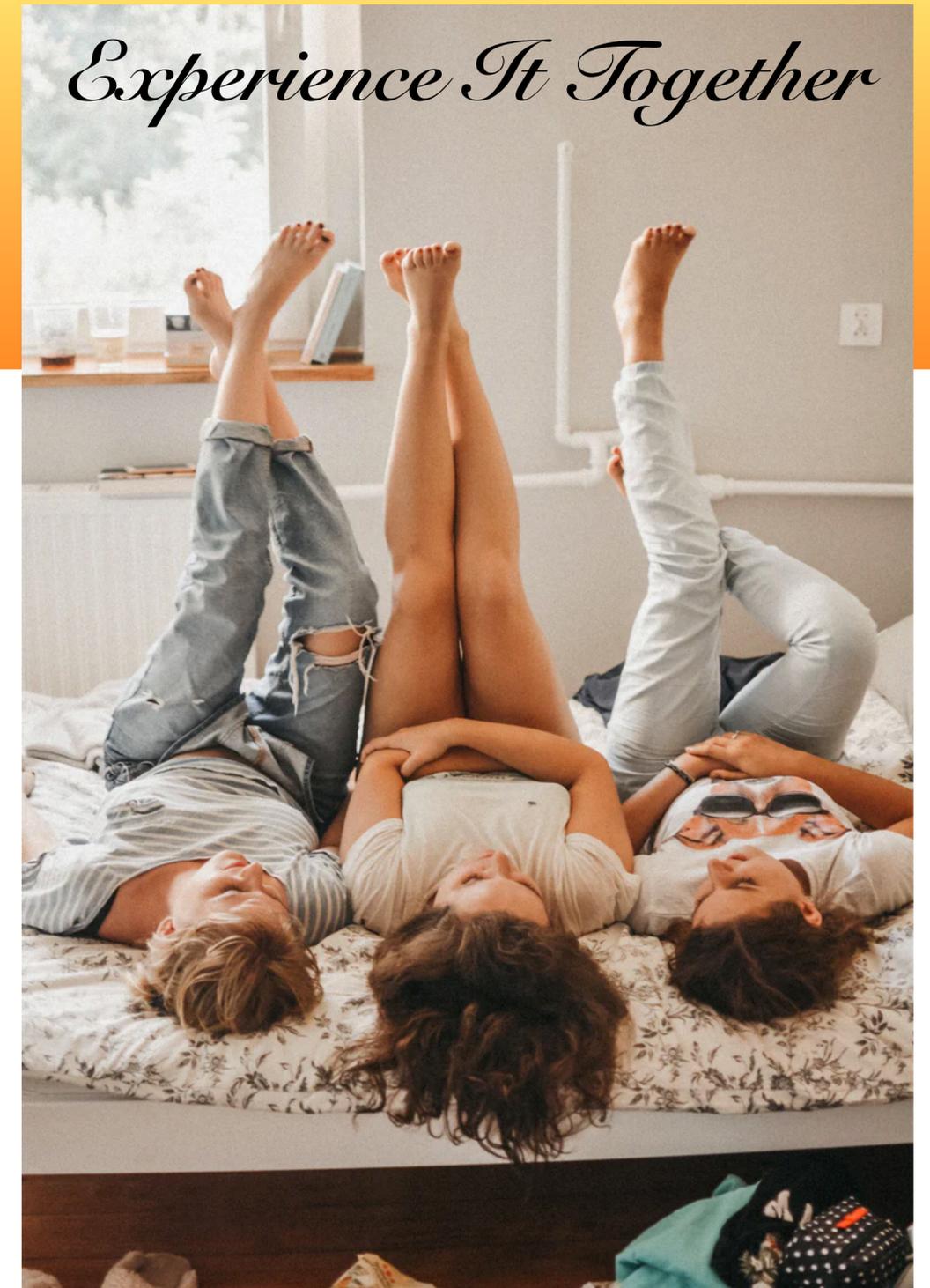


HOW TO GAIN CONTROL OVER YOUR HEALTH & WEIGHT DURING THE MENOPAUSE AND REMAIN THERE!

THE BIGGEST MISTAKE WOMEN MAKE IS THEY TRY TO REPEAT PROCESSES THEY'VE TRIED BEFORE THAT DIDN'T GIVE LASTING RESULTS!

If all you want to do is lose a bit of weight for a couple of months then return back to where you were before then this really isn't for you but I guess you wouldn't have gotten this far? Haha!

Thinking you're eating in a way to boost weight loss and actually eating foods that will trigger weight loss, are 2 separate things but this can be switched easily!



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You will struggle to get what you want if you miss this part.....eating foods that trigger your body to use fat as energy, boost estrogen and those feel good hormones

It doesn't mean you can never have food freedom, that's ultimately what it's about, creating that very thing..... Would you rather eat foods you love guilt free or constantly worry whether you going to sabotage your results by eating that cake?

Knowing how to create this food freedom takes all of the pressure and stress away from that part of your life and it then feels easy and my clients wonder why they struggled in the first place?

How we function as amazing human beings relies solely on what we eat, our immune system, our heart, our digestive system, our brains, our muscles & our skin; we can either be **surviving or feeling amazing**.....I know which one my clients choose and me too haha!



Think about it, you're on a calorie controlled diet plan, many of these are all about points; what do you end up doing? You save up your points to have those things you crave the most right? Many of those systems allow free foods which are detrimental to your CTRL ALT DEL Reset and will only serve to keep you stuck long term then worst off all you go back to same diet (or similar) after a period of falling off the wagon.

The other way is to understand what your body needs to lose weight and for you to truly feel amazing without restriction.....so why do so many choose the former?



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The Whole Thing Can Become Very Frustrating

Then comes the exercise part; No Exercise, Going all in every day to Not being sure if you're doing the right kind of exercise, it's a bit of a minefield.

Bottom line with any exercise is is simply about moving a little more and not stressing your body anymore than it needs to be as you balance you hormone levels!

Most programs you get will say, 'you must exercise X amount of times per week' and it must be done otherwise you won't hit your goals

That's OK for the first few weeks then it's like, I can't keep it up or I'm not spending time with my family, it's too cold outside, I find it hard to motivate myself & so many more things you have to deal with right?

Exercise is purely a boost button to improve the areas of your body you choose to improve and done right, it'll help you improve your metabolism, increase bone density, make you feel better, burn more fat as energy after you've finished; when you're doing the right kind

Would you rather exercise when you wanted and know what you're doing is effective?

Are You Serious About Changing Your Life Forever?

If you are you have 2 options:

You can begin to apply what's in this eBook into your day2day life or simply continue with the trial & error and that's ok if that's what you want....

Or

You can take out the guesswork by working with me; I'm not saying it's impossible to do this by yourself but it could take years to work out what works best for you. I know this after working with 100's of clients who've felt stuck for decades, the menopause is a time that can bring so much freedom and joy!



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Firstly thank you for getting to this stage of the eBook, it means you are one of the very few who are ready to take action; in fact only 3% of the population do take the next step and create change for themselves, so many others simply know it's important for a whole host of reasons but feel guilty about doing it, which I completely understand why that is a block for some women.

Grab a cuppa and let's chat about how to plan for your future and to enjoy your 2nd Spring with the freedom of choice that gives you amazing health, vitality, energy, to feel special wearing clothes you love and stopping the stress around food and exercise!



No more fad diets that work for a while then don't, no more exercise pressure

Just a plan designed for you by us based on your lifestyle choices and most importantly...science to balance what your body is going through

Knowing the menopause can trigger

- Feeling of increased sadness or depression
- Poor self image
- Difficulty motivating yourself
- Osteoporosis
- Low or No Libido

No woman should feel this way as a result of a perfectly natural process!

It's time to start living again!

It's time for you to live life with more self confidence, be able to look after your own health and everybody too, without compromising, loving who looks back when you stand in a full length mirror - I know it's all possible for you even if it feels out of reach. There are women doing this every day and supporting each other along the way.

I will support you, give you all of the tools and resources for the best possible chance to be the version of you that is trapped inside.

BOOK NOW!

