



ANDIE
INTEGRATIVE NUTRITION HEALTH COACH

ELEVATE

1-ON-1 COACHING PROGRAM
12-WEEKS

**DISCOVER WHY YOUR HORMONAL
HEALTH CONTROLS YOUR WELL-BEING**

**LEARN HOW TO EAT TO BOOST YOUR
HORMONAL HEALTH**

**IN 12 WEEKS, YOU'LL KNOW HOW TO
RESTORE YOUR ENERGY, HAVE A
BETTER STRESS RESPONSE, AND
MAINTAIN A HEALTHY WEIGHT.**

Hi, I'm Andie!

INTEGRATIVE NUTRITION HEALTH COACH

Are you ready to transform your health and life? At ELEVATE, we understand the unique challenges women face as they navigate their mid-30s and beyond. Our holistic coaching program is designed to help you regain control, balance your hormones, and thrive in every aspect of your life.





WHAT IS ELEVATE?

ELEVATE is a 12-week 1-on-1 Coaching Program tailored specifically for professional women over 35. Our approach is holistic, integrating hormone-focused nutrition, techniques to Improve Stress Response , and personal growth practices to help you achieve lasting wellness.

What You'll Learn:

- ✓ **Hormone-Focused Nutrition:** Understand how to nourish your body with foods that support hormonal balance.
- ✓ **Stress Hormone Balance:** Learn techniques to manage stress and prevent hormonal disruptions.
- ✓ **Scientific-Based Habits:** Adopt new habits grounded in the latest scientific research to support overall well-being.
- ✓ **Personal and Spiritual Growth:** Discover new practices that foster your personal development and spiritual well-being.

WHY ELEVATE?

- ✓ **Tailored Coaching Experience:** Experience the transformative power of personalized coaching from an IIN-Certified Health Coach who has successfully navigated her own health journey. You'll receive dedicated support and expert guidance tailored to your unique needs, ensuring you achieve and maintain lasting health improvements.
- ✓ **Proven Results:** Participants in the Elevate program don't just experience temporary improvements; they achieve lasting results. By integrating holistic health practices into daily life, our coachees report sustained enhancements in energy levels, mood stability, stable weight, and overall wellness long after the program ends.

Transformational Triumphs

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I initially reached out to Andie hoping to address unexplained weight gain, but I ended up gaining so much more! Learning how to eat in harmony with my menstrual cycle not only helped me manage my weight but also significantly improved my mood. I'm incredibly grateful for this program—it has helped me feel like myself again!

Ann, 39
Ontario, Canada

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I want to start by thanking Andie for being so relatable, empathetic, and dedicated. Thanks to her, I didn't just avoid quitting my job—I found a new and better one! Through this journey, I regained my self-confidence and self-worth, and I learned to be mindful of my emotional state so that I'm no longer a victim of hormonal changes.

Heather, 43
London, UK

Your Journey with

ELEVATE

✓ **Weeks 1-4: Foundation for Success**

In the first month, we lay the groundwork for your transformation. You'll set personal health and wellness goals, learn the basics of stress management, and understand the crucial role of gut and liver health. We also introduce hormonal-focused nutrition, helping you balance glucose levels and insulin response to support your overall hormonal health.

✓ • **Weeks 5-8: Deep Dive into Hormonal Nutrition**

The second month focuses on the different phases of your menstrual cycle. You'll learn about the specific nutritional needs during the phases of your hormonal cycle. We incorporate intermittent fasting strategies if you want to do it, and teach you how to listen to your body, adjust your diet accordingly, and plan nutritious meals.

✓ **Weeks 9-12: Advanced Wellness and Sustainability**

In the final month, we address endocrine disruptors (EDs), teaching you how to avoid them in cosmetics, personal care products, and everyday items like plastics and cleaners. You'll also explore the connection between emotional well-being and hormone balance, and learn sustainable lifestyle strategies to maintain your progress and continue your health journey long-term.

✓ **Program Wrap-Up: Ensuring Long-Term Success**

- **Review and Reflect:** We'll assess the progress made, celebrate your successes, and identify areas for continued focus, ensuring you feel confident and equipped to move forward.
- **Future Planning:** We'll develop a long-term strategy that builds on your achievements with advanced techniques for sustained health and vitality.



READY TO TRANSFORM YOUR LIFE?

Ready to Transform Your Life?

Imagine feeling energized, balanced, and in control every day. ELEVATE helps women over 35 conquer hormonal imbalances, stress, and more with a holistic approach tailored just for you.

Experience transformative health changes with one-on-one guidance that's tailored just for you. Together, we'll develop sustainable habits that fit seamlessly into your life. Let's elevate your well-being and achieve lasting success in your personal health journey.



GET IN TOUCH

Book your FREE Discovery Call today to learn more about how ELEVATE can help you achieve your health and wellness goals. Contact us!

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Andie