

HORMONES- FIX ME!! - £80.00

CONTROLLING AND MANAGING THE DIFFERENT PHASES DICTATED BY
HORMONES

6 WEEKS HOLISTIC PROGRAMME TAILORED AS PER YOUR NEED?

WEEK-1, 2&3

1. Initial consultation for 60 minutes- **Live chats through Skype or Face time.**
2. Ravi's Welcome pack will be provided- Wealth of healthy tips and guidance
3. **Complete nutritional Analysis**-Assessment of nutritional need, by evaluating minerals and vitamin need and what food to eat or not?
4. **Weekly email support**- Correspondence through email
5. Customized Meal plan- Which will give you support to organize your meal as per the programme
6. **Advice Sheet- Will Target Menopause**- A positive solution and the Nutritional connection
7. Discuss PMS, PCOS etc. if required.
8. Information about particular issue and few additional information and research attached
9. **Session Record sheet**- record of all the action points discussed and works on how to achieve the targets.
10. Supplement Programme- Initial advice on Herbal and holistic supplements
11. Additional resources- **Grocery and shopping advice**
12. Great Emphasis on Blood group Diet- Information will be provided.



WEEK 4 & 5

1. Follow up of the Initial consultation and evaluate through Skype/Face Time- 40 minutes.
2. Assess the Record sheet from past 3 weeks and evaluate the progress.
3. Week 4 & 5 customized meal plans will be provided.
4. Weekly Email support.
5. Discuss about Skin, Hair and Nail health
6. Revised- New Supplement programme
7. Set new Targets and goals for Coming weeks.

WEEK 6 – FINAL WEEK

1. 2nd Follow up Consultation- Live Skype/Face Time- 40 minutes.
2. Evaluate the progress for the past 5 weeks and set goals and target for Future.
3. Talk about the changes and benefits and food habits
4. Customized meal plans will be provided- Week 6
5. Weekly Email support.
6. Target Bone Health.
7. Revised- New Supplement programme
8. New Research and newsletter and recipes will be provided in the future- being a part of the whole package.

Looking forward to start the step-by-step guide of Ultimate Holistic journey with you- and sure with both of ours commitment and discipline we will get there!!!!- **JOIN NOW....**

