

A photograph of two women from behind, holding hands in a field at sunset. The woman on the left has long, curly hair and is wearing a white long-sleeved top with lace detailing at the cuffs. The woman on the right is wearing a striped shirt and a wide-brimmed hat. The background is a soft, golden glow from the setting sun over a field.

The *Natural Hormone* Solution

Want to maximize your energy and performance, sleep great every night, and love the way your clothes fit?

Have all of this & more by balancing your thyroid and hormones
NATURALLY!



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The *Natural Hormone* Solution



"Your life can change at any given moment...."

Hi! My name is Amanda Hinman and this is my story.

I was just 33 years old when I was unexpectedly diagnosed with an auto-immune disease called Hashimoto's Thyroiditis.

I was ALWAYS exhausted and anxious.

My hair was thinning.

Embarrassing acne peppered my chin.

Worst of all, my doctor warned me that my poor thyroid health could prove detrimental to my fourth pregnancy.

It all came as a complete shock... Because I took great care of my health (or so I thought). I ate salads 5 days a week, and rarely consumed meat. I was a group fitness instructor and sports performance trainer with just 13% body fat.

How could I have an autoimmune disease??

After my diagnosis, I started taking the Levothyroxine medication recommended by my doctor, to support thyroid function.

And I was told I would need to remain on medication for life...

Because my body was attacking my thyroid.



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More on that a little later.

Fast forward two years, and I sat in a hospital room, chest caught in a vise grip of terror, as a pediatric neurologist explain that my (then) 8-year-old daughter needed to take anti-seizure medication for life.

She'd just experienced her 4th seizure in 12 hours, and I couldn't understand what happened to my seemingly healthy daughter (just as I didn't understand what happened to me two years earlier), and I felt completely helpless...

Especially as things only got worse. In the weeks following, she experienced as many as 10-15 seizures in a single day.

I remember lying in bed at night next to her, shaking with unbearable fear because I knew that within 15 minutes of waking up, she'd start convulsing.

After numerous appointments with neurologists, she was put on 4 different benzodiazepine medications (that's 12 pills a day!) just to make it 24 hours without an episode.

The kind, empathetic doctors we worked with were knowledgeable about our treatment options, but offered no solutions as to WHY she was having all these seizures in the first place.

Initially, I was hopeful they'd have all the answers.

But when they couldn't explain what was causing my daughter's seizures, my skepticism set in.

Somewhere deep inside, I knew there was more to the story.

There had to be a root cause, and after hearing so much about treatment options, but nothing about a cure, I knew I was the only one who cared enough to figure it out.



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So, unwilling to accept that she would remain on medication for life and likely never be able to drive a car, I dug deeper.

By this time I'd been exposed to integrative medicine through the journey of improving my Hashimoto's diagnosis.

Integrative medicine is a form of medical therapy that combines conventional western medical treatments (like medication) with alternative medicine (such as homeopathy, chiropractic, herbalism, etc.).

Working with an integrative medicine doctor, I utilized supplements, acupuncture, and gluten and dairy elimination, and experienced minimal improvement in my thyroid function.

Though I was able to sleep better and my skin improved, my thyroid antibodies were still too high; and I still struggled with anxiety and thinning hair.

The small improvements I'd experienced were not going to be enough to help with my daughter's health crisis.

So, I went back to school and studied 100 different dietary theories at the Institute of Integrative Nutrition, along with functional medicine science at the School of Applied Functional Medicine.

What I learned forever changed my family.

Functional medicine is an individualized, patient-centric, science-based approach to healthcare that looks beyond treating symptoms to identify why illness occurs, address those root causes, and restore health.

In my daughter's case, a functional medicine approach meant significantly boosting key nutrients, supporting her body to properly detoxify stress hormones and neurotransmitter metabolites, and removing toxins...

All of which allowed my daughter to heal!



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In just 9 months, she was able to balance her hormones, went from being on 12 pills a day to zero, and has never had a seizure since!

Through this process of learning how to help her, I also gained a new understanding of what was possible for my Hashimoto's.

I applied the same functional medicine root cause resolution to my thyroid disease and was able to reverse my Hashimoto's as if it had never existed.

Within 6 months my anxiety was gone, my thyroid function was back on track, sleep and bowel movements were great, my energy soared, and I felt incredible.

On top of all that, I was able to use everything I'd learned to help my husband eliminate his panic attacks and life-long allergies.

My entire family was transformed, and I was hooked on functional medicine!

Since then, I've supported dozens of women in transforming their hormone health and getting their bodies back from the terrors of:

- Hashimoto's
- Hypothyroidism
- Insulin resistance
- Anxiety
- Polycystic Ovarian Syndrome (PCOS)
- Pituitary tumors
- Many more disorders caused by hormone imbalances

I am now obsessed with the journey of becoming empowered around your health, and can't wait for you to feel this fire, too!

If taking control of your hormone health is something you are seeking, you are in the right place, and I'm here to take this journey with you.



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This program is designed to recharge you on a deep soul level so you experience these amazing benefits:

- Enjoy 3+ hours of extra energy every day
- Sleep deeply and wake up feeling refreshed
- Live medication free
- Feel sexy and attractive in clothes that make you feel your best
- Reignite your sex life
- Freedom from addictive sugar cravings
- Attract respect and appreciation from your family and colleagues
- Experience steady creative and joyful inspiration in all areas of life

We achieve these results by:

One

Identify The Root Cause Triggers of hormone imbalance

Two

Replenish Nutrients that your body needs for healing

Three

Restore Digestive Fire so you can release weight and feel satisfied

Four

Reset Your Thinking to prioritize long-term health and vitality

Five

Remove Toxins that are disrupting your hormone balance



The *Natural Hormone* Solution

Does this sound like you?

- I'm tired of feeling exhausted every day
- Disgusted when another pair of pants doesn't fit...
- I've tried to balance my thyroid and hormones without success.
- I'm not getting better.
- Need your help to conquer fatigue, weight gain, mood swings.
- Please: turn my exhaustion into a new zest for life...
- Give me 3+ hours of energy each day...
- Knock 10 years off my fitness age...

This comprehensive coaching option was created for high-achieving women who want to **maximize their energy and performance.**

Warning...losing weight is a consequence of balancing your hormones naturally!

This popular program creates the best results, by far because of the combination of **personalized attention** and a **proven step-by-step system** to take control of your health. With this option, we schedule **customized private sessions** to guide you through the proven process to get your hormones back in balance! In addition, you receive **transformational video training** and **accountability support** to keep you on track and building momentum as you ramp up your energy. Our team rolls up their sleeves and gets in the trenches with you, to create a plan that is customized to your body's needs, give critical feedback and tools you'll need to experience better health consistently.



The *Natural Hormone* Solution

**Do you want to take control of your health?
Are you looking to boost your energy, increase productivity, release
unwanted weight & so much more?**

It's time to take that leap

- In less than 6 months together, our clients report improving symptoms they have been struggling with for YEARS (even when consulting with their doctor & being told their labs are “normal”)
- Our clients are able to achieve long-term success when managing their hormone imbalance by learning the root causes and what works for their unique bodies and life.
- We practice a bio-individual approach to holistic health, meaning not everyone is the same and we take a look at your specific imbalances and the next steps to help you reduce symptoms while naturally balancing hormones.

Benefits of balancing your hormones naturally:

1

Boost your energy and productivity with an extra 3+ hours daily

2

Enjoy deep sleep and wake up feeling refreshed

3

Reignite the intimacy and connection in your relationship

4

Release weight as a natural consequence of balanced hormones



The *Natural Hormone* Solution

You need the support of someone who knows the power of functional medicine root cause resolution to get ahead of your health imbalances and help you create a long-term shift.

This is where we come in.... You're meant to feel amazing!

Here's How Your Program Will Work:



Identify the Root Cause

We use a functional medicine individualized, science-based approach to treating symptoms and identifying why illness occurs. This includes a comprehensive review of your hormone test and adrenal profile, a comprehensive gut health test and cellular health test (cost of functional labs included in the investment)



Replenish Nutrients

Every single cell in your body is dependent on nutrients to function optimally. You will learn what nutrients are needed for your unique body in order to refuel and kick start your metabolism. This includes a functional review of your labs and symptoms.



Restore Digestive Fire

It's not just what you eat! It's important to digest and then absorb critical nutrients so you can feel satisfied AND release weight. Our motto is long-term sustainable health transformation, which means your digestion has to be equipped to support your body's needs for the long-term, with exact steps nutrients and/or supplement recommendations.



Reset Your Thinking

You know that stress impacts your health. That's why we are together for a minimum of 6 months inside our community. You will have all the tools and strategies to evolve the way you respond to life's stressors and recognize how your thoughts have been holding you back from true vitality so you can respond in a new way to experience more peace.



Remove Toxins

Take a step-by-step approach to minimize environmental triggers that are disrupting hormone balance and cellular communication, leaving you with unwanted symptoms. You will collaborate with your health consultant to make a customize self-care roadmap to boost your vitality!



The *Natural Hormone* Solution

Our Team

YOUR PROGRAM EXPERTS

(Who you'd be working with to improve your hormone health)

AMANDA HINMAN



Amanda is an Integrative Nutrition Certified Health Coach and a Certified Applied Functional Medicine Health Coach, with clients and followers in over 150 cities around the world. She has made it her mission to help over 100,000 women address thyroid and hormone imbalance, optimize their energy, stop feeling frustrated with unwanted symptoms and lead vibrant lives. She's most known for helping women with hypothyroidism gain clarity and confidence that improving is possible.

JILL



Jill is a functional medicine health consultant who holds both a bachelor's and doctorate degree in science and health related fields. She obtained additional training from the School of Applied Functional Medicine. Her passion is helping women restore their health and vitality by finding and addressing the root causes of their health concerns. She also enjoys empowering clients to learn how to both get well and stay well.



The *Natural Hormone* Solution

Our Team

YOUR PROGRAM EXPERTS

(Who you'd be working with to improve your hormone health)



EDIT

Edit is a Physician Assistant for 25 years, working in Emergency Medicine, Primary Care, Breast Care, Dermatology and Weight Management. She has studied functional medicine at The School of Applied Functional Medicine as well as Kresser Institute. She is eager about her new adventure in Tennessee living on a wellness retreat center with her partner and is excited to be on this health journey with you!



MELISSA

Melissa received her functional medicine certification through The School of Applied Functional Medicine and has a background in culinary nutrition and pharmacy. She gravitated towards functional medicine after her own struggles with autoimmune thyroid conditions, Graves' disease and Hashimoto's, and realized the impact that nutrition, lifestyle and environmental factors have on overall health. She turned her passions into educating and empowering women to see the whole picture their health and unlock the body's healing potential.



The *Natural Hormone* Solution

The Natural Hormone Solution Program is a hybrid of group and 1:1 support from Amanda and our first-class team of health consultants

Here's what you get inside:

Take control of your hormone health. Be in the driver's seat and feel empowered because you understand your body and design your health.

Private Consults including Individual Test Reviews + Customized Action Plans

World-class strategies to support behavior change for lasting health improvements

Functional Medicine lab work to assess your hormone balance and gut health

Access to ask questions and learn from Amanda and her team

Symptom Review each quarter to see your progress

Inspiration and Accountability Sessions to keep your momentum going

Online training to understand why your health is the way it is and a step-by-step roadmap to create a shift

Food, Nutrient, Lifestyle Guidance and Support



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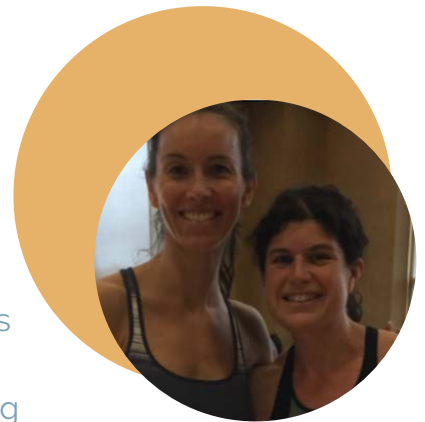


Deanna

"Having Amanda's guidance has helped me identify my own needs and improve my health! I make time to add in yoga regularly and enjoy date nights with my husband now. I feel so empowered. I had always been an optimistic person and was struggling with thyroid challenges which really turned my life upside down. I was struggling to find answers and knew I needed to refocus. I gained knowledge in recognizing even more about nutrition that is best for my body and now my energy is in a good place consistently, not just once in a while."

Debbie

"Prior to working with Amanda, I did not have a feeling of peace of mind. I was feeling run down, defeated and helpless when it came to managing my health, my family and my emotions. I was just feeling at a loss of how to get ahead without always feeling so run down. The 3 most significant improvements since working with Amanda have been increased energy levels, enjoying time with my family and weight loss! I highly recommend making this investment in yourself, you won't regret it!"



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Elyse

"When I started working with Amanda I seemingly had it all together on the outside, but on the inside I was crumbling. I wasn't able to live and love life to the fullest and was cheating myself and my family of joy we should have been sharing together. Amanda taught me how to understand my body and to think differently. She allowed me to discover things at my own pace while still challenging me to step out of my comfort zone and set goals and then take the necessary steps to achieve them. I loved learning about our biology and physiology, these understandings gave me tools to take control of my life and my health. As a result I have more energy, improved physical health and mental health as well as most importantly be present in my daily life with my family. I am a better person, a better wife, mother, and friend because of our work together."

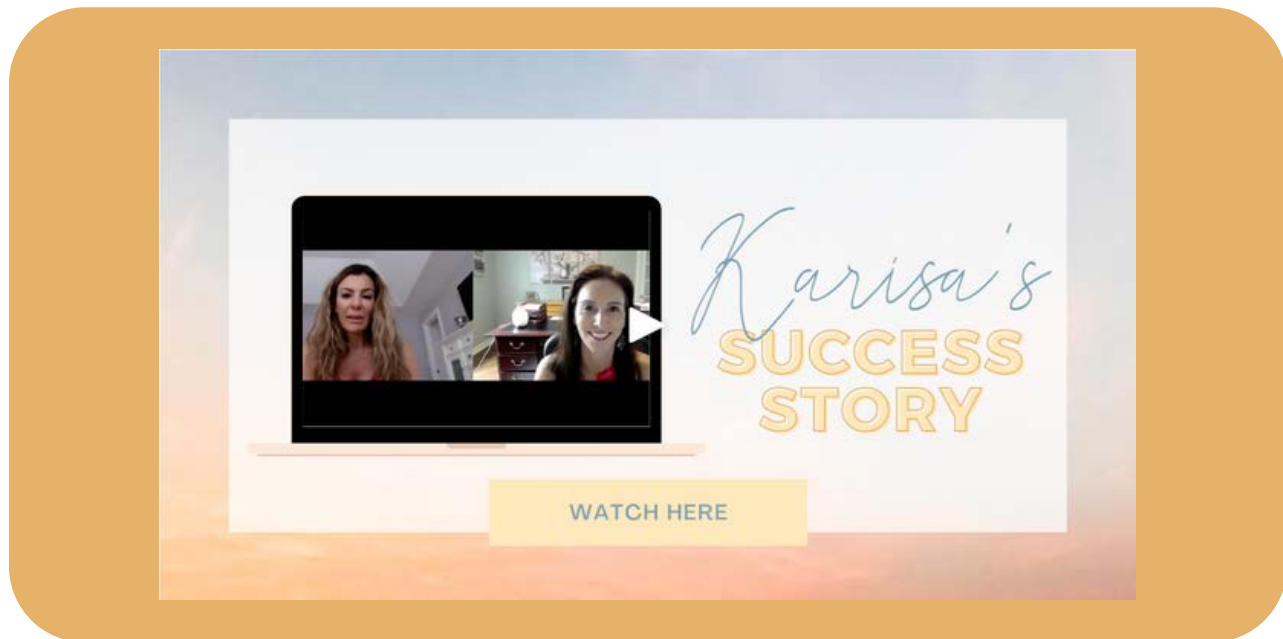
Janice

"Before working with Amanda, I was working in a job that was very stressful and I realized it was affecting the energy I could provide for my family. Our coaching gave me clarity and allowed me to focus on action steps which ultimately created a wonderful shift for my health and my whole family.

I had many 'aha' revelations as well as practical steps to improve my nutrition, handle overstimulation and being a more knowledgeable and patient person. I am very grateful to Amanda for her passion and insight and highly recommend others to work with her."



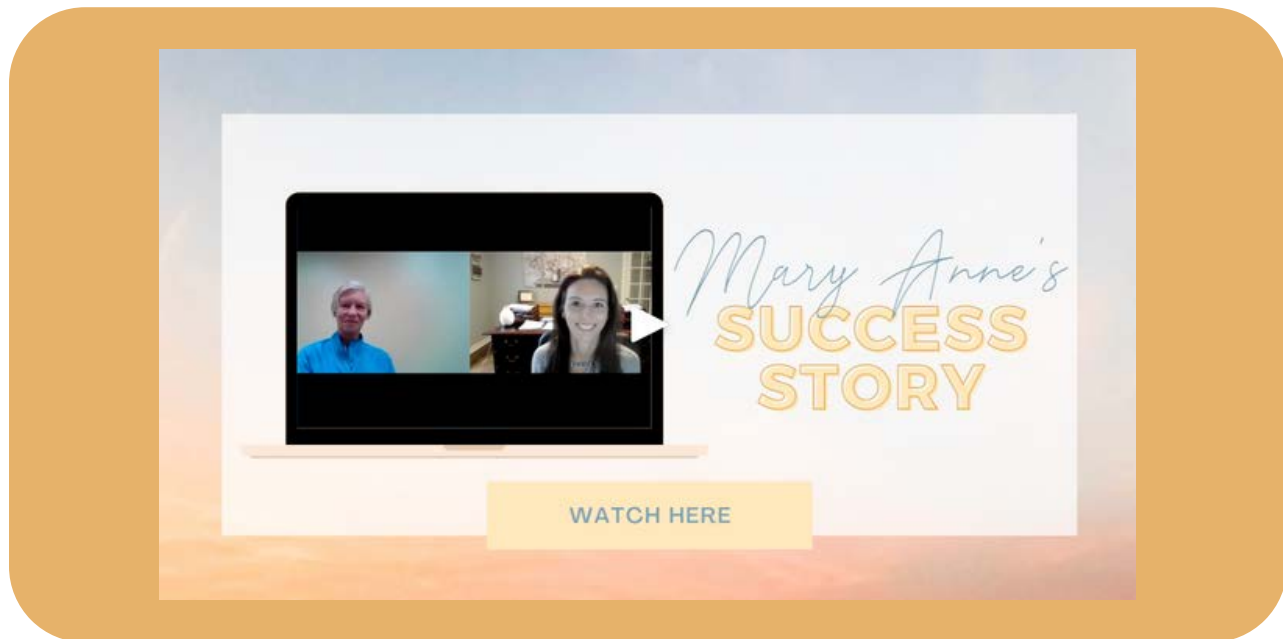
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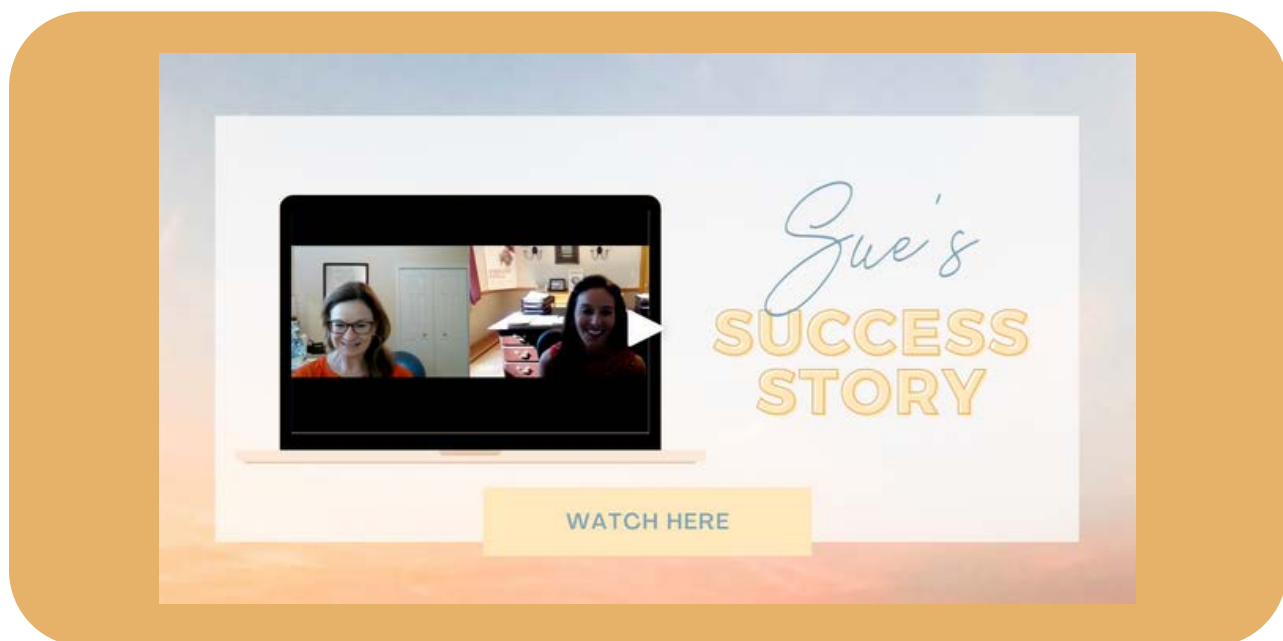
One in eight women will develop a thyroid disorder during her lifetime, yet up to 60% don't realize they have it.



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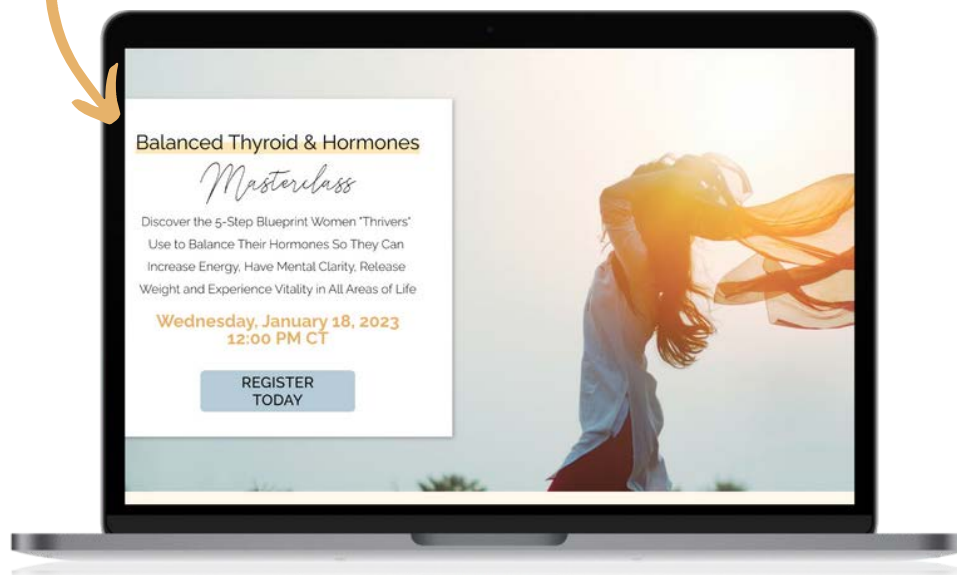
Balancing your hormones naturally is easier than you might think.



The *Natural Hormone* Solution

Balanced Thyroid & Hormones Masterclass

Discover the 5-Step Blueprint Women "Thrivers" Use to Balance Their Hormones So They Can Increase Energy, Have Mental Clarity, Release Weight and Experience Vitality in All Areas of Life



[Click here to register for the free Masterclass!](#)



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The *Natural Hormone* Solution

If you're ready to take control of your health.

Let's Talk

As much as we'd love to help everyone, we do have an application process to make sure the people we do work with are a good fit for our help - it's YOUR Time to take control of your hormone health and live your best life.



[Click here to apply for our help on your journey to naturally balanced hormones](#)

