

# Bio. Nourish

## Intro

*Let Food be Thy Medicine and Medicine Be Thy Food''*

So much of our health revolves around what we eat and how we eat. Our gut is home to 70% of our immune system and is important for the production of neurotransmitters and hormones and energy. Everything we put into our bodies affects our health, immune system, energy and hormone balance.

Learn how to optimise your diet to balance hormones and achieve optimal physical, mental and metabolic health.

£425





# Do you...

- Want to balance your hormones
- Control cravings
- Balance blood sugar
- Reduce your risk of chronic disease
- Improve your immunity
- Address digestive symptoms
- Address weight gain
- Improve energy and physical performance
- Address brain fog

By investing in your diet and lifestyle you are creating the foundations for overall health and wellbeing, not only for yourself but for your family and friends.... because when you realise how well you feel when you eat correctly for your health needs you will only want to spread the word.

Engaging in this package you are investing in your long term health for balanced hormones, energy and longevity.

We believe in empowering you to make sustainable choices that will have a lasting impact on your well-being.

Let's embark on this transformative journey together!



# Included

## Pre-Appointment



Review of intake health questionnaires to help us understand your needs and goals.

## Appointments



- 1 hr initial appointment with our expert nutritionist
- 2 x 45 min follow up appointments to check in and discuss progress

## Support



Written report with health plan including

- Meal plans and recommendations
- Lifestyle advice

## Supplements



Individually, discounted tailored supplement recommendations

