



WEIGHT LOSS * HEALTHY * ENERGISED

MASTERING MENOPAUSE

Each day healthier- one meal at a time

Experience individual coaching sessions, personalised menu plans, mouthwatering recipes, and inspiring videos as you embark on a journey towards a healthier body, mind, and mood in your new season of life!

Rewrite your story...

WHAT DO YOU WANT?

- Weight loss: A healthy body always shifts to normal weight.
- Balancing hormones in this season of life
- To become more focused and disciplined
- New healthy habits that lasts
- Pain-free (no more headaches, muscle cramps, joint pains, etc)
- Clear mind (goodbye mental fog - sharp, quick thinking)
- Calm mood
- Glowing skin (a healthy inside will show on the outside)
- Enjoy optimal health and a robust immune system!
- Energy that lasts the whole day
- Close the book on diets. Forever!



A new chapter is possible..
You can rewrite your story





12 WEEK JOURNEY TO A HEALTHY, ENERGISED BODY

- An initial health and food analysis
- 3 x 10 days pre-designed **menu plans** with meno-pause food focus in mind.
- **Recipe book** with 100+ pages: Delicious and easy proven recipes
- Daily nutritional journal to plan and revise meals
- Weekly evaluation and support:
 - Measuring progress
 - Follow up action plans
- 8 sessions (45 min - 1 hour) focused on optimal nutrition for health, hormone balancing, mind-body-gut connection and the power of habits.
- Selected videos and inspirational material that equip you with the necessary knowledge without having to read a pile of books
- System for sustainable success: Strategies to implement lasting healthy habits that will become your new normal.
- Step-by-step **support** and **accountability** to reach your goals.
- Maintenance plan after 12 weeks to keep up the good work.



THE HOW TO OF YOUR 12-WEEK JOURNEY



- Session 1: An overview of the program. Downloading your recipe book, menu plan and other key components from the members' page. What is optimal nutrition? The nutrient-excellence scale.
- Session 2: The impact of acid/alkaline-forming foods on health
- Session 3: The role of a healthy gut on your menopause journey. Foods that heal your gut to support healing and balance.
- Session 4: How to design your menu plan. Food strategy plan for special occasions, traveling and holidays.
- Session 5: Menopause and fasting - fad or fabulous?
- Session 6: The link between stress, menopause and your weight. Techniques that release stress and anxiety naturally. Pro-active action plans to manage stress in a positive way.
- Session 7: Discover how your thought patterns impact your life. A 21-day detox-your brain plan. Your mindset connected to food, your body image and life. How to renew your mind to a better life.
- Session 8: How to replace bad habits with lasting good habits. Systems for success and consistency in future wellbeing. The future strategy to balance food, family life and menopause.



THE 7 STEPS TO A LIGHTER, BRIGHTER & HEALTHIER LIFE

- 1. Define your goal**
- 2. Gain the knowledge**
- 3. Design a strategy**
- 4. Systems for Success**
- 5. Accountability**
- 6. Consistency**
- 7. Celebrate your success**

Your commitment to your success is to choose
Light2live to partner with you on your new
journey. Our commitment to your success is to
help you achieve your goals using these 7 stepping
stones.

Rewrite your story _____



A new body and life
is waiting for you...

 Light²
LIVE

Will you take the
next step?

PAYMENT OPTIONS

Once-off: R3600

Save R250 with EFT payment

2 payments: R1850 x 2 months

3 payments: R1250 x 3 months

6 payments: R1250 + (R550 x 5 months).

www.light2live.com

Rewrite your story





**SAVE R250
WITH EFT!!**

Standard price R3 600



Pay only **R3 350**

Payment to:

Bank: Nedbank

Account holder: Light2live Pty Ltd

Account nr: 1214675719

Type: Current account

Reference: Your name and surname

Send proof of payment: Email to

Account@light2live.com

Rewrite your story _____

