



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 IN 2024?

- 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!
- Boundless energy
- Weight loss: A healthy body always shifts to normal weight.
- To become more focused and disciplined
- New healthy habits that lasts
- 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
- A **personalised menu plan** designed for your food preferences and goals.
- Menu plan adjusted weekly based on your progress and feedback
- **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
- 7 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 **personal 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 importance of a healthy gut on your health journey. Foods that heal your gut to support healing and wellness.
- Session 4: The link between stress and your health and weight. Techniques that release stress and anxiety naturally. Pro-active action plans to manage stress in a positive way.
- Session 5: Discover how your thought patterns impact your life. A 21-day detox-your brain from toxic thoughts plan.
- Session 6: How do you see yourself? Your mindset connected to food, your body image and life. How to renew your mind to a better life.
- Session 7: How to replace bad habits with lasting good habits. Systems for success and consistency in future wellbeing. How to improve any recipe to a healthier version.

*Rewrite your story* \_\_\_\_\_



# 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...



Will you take the  
next step?

## PAYMENT OPTIONS

Once-off: R5250

Save R500 with EFT payment

2 payments: R2650 x 2 months

3 payments: R1775 x 3 months

6 payments: R895 x 6 months

[www.light2live.com](http://www.light2live.com)

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**SAVE R500  
WITH EFT!!**

Pay only **R4 750**

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](mailto:Account@light2live.com)



*Rewrite your story* \_\_\_\_\_