TRUE BALANCE
NATUROPATHY

Tired of diets that don't last?

Personalised nutrition for busy women in midlife who want to feel lighter, more energised and back in control

Does this sound familiar?

- You've tried diet after diet, but the weight won't shift or keeps coming back
- You feel bloated and uncomfortable by the end of the day
- Your hormones seem to have a mind of their own
- You're running on coffee to get through the working day

It's not about willpower

Your hormones, gut and blood sugar all play a part in your weight and how you feel. Instead of another diet, I look at the whole picture and create a realistic plan that fits your busy life.

How I can support you

- Hormones and menopause
- Gut health and bloating
- Energy and focus
- Sustainable weight management
- Blood sugar and metabolic health

Limited places: I take on only [6] new clients each month

Book your free 20 minute discovery call

Scan the code, or call or email me.
In person in Bromborough and online.

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