

Hi there!! The 3 Month CrazyGood Hormones plan is designed to fit goals of losing weight, supporting those hormones, building muscle, and increasing energy. After all, weight loss is a hormone problem, not just calories in/out.

This plan would offer you continued support, from me, to build upon the improvements your body is already making. Over a 3-month period, we would take your body through phases of nutrition plans and dialing in those protocols to make sure we resolve any symptoms and get you to your goal.

I'll detail out below what each phase will look like...

What's Included in the 3 Month CrazyGood Hormones plan?

- Initial 1:1 Call, after Wellness and Hormone Intake is received
- Customized Meal Plans, released monthly
- Supplement Recommendations and Adjustments, as needed
- 3, 1:1 Calls (one per month)
- 3 Month Training Program in Private Portal
- Tactical Food Programming
- Mindset Work, Education and How-To's
- Exercise Recommendations
- 24/7 Access via Email
- Coaching Audios, Video and Supportive Guides
- Program Reference Book
- Exclusive Recipe Book



There are 3 phases we will work through, and that changes with every month. Each of these phases are targeting something slightly different, and therefore will adjust your protocol accordingly.

Phase 1 is the detox, repair and restore phase. During this month we are working on liver health, so you are going to notice a mild detox. This can be the toughest phase to get through, and is where most people will fall off if they don't have guidance or support.

Phase 2 is where we strategically implement metabolism revving techniques. While in this phase we are really working on balancing your hormones and cooling your adrenal and cortisol levels so you are going to notice a shift in how you look and feel.

Phase 3 is the maintenance phase. In this phase we still working on metabolism rate and are educating so you have confidence in maintaining your results.

In order to achieve goals of weight loss, more energy, and vibrancy, we really have to get through all 3 phases. As you can see it's not really until Phase 2 that we can start to really notice a shift in how you look and feel. When it comes to weight loss and healing your metabolism, plus balancing hormones.

A full hormone cycle is 90 days, thus, the length of this particular plan. *Keep in mind that all bodies respond in their own time, you may be on a longer journey individually, based on you where you're starting from.*

It's important to honor that and have patience with your internal system.

Please let me know if you have any questions.

Liza

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