



STRONGER

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STRONGER offers women a cutting-edge approach to maintaining a strong, healthy body as they transition from their fertile years through menopause and beyond.

“I designed this programme to help active women stay active longer, because I simply DO NOT accept that the debilitating symptoms we associate with ageing are inevitable. I’m committed to sharing science-led strategies that can help women navigate the specific challenges related to shifting hormones, metabolic decline and chronic inflammation.”

Preserving our structural integrity is pivotal to ageing well; when this becomes compromised EVERYTHING starts to fall apart ...

From our memory to our pelvic floor! Think of all the things we need to stay strong beyond skeletal muscle and bone; like gut-lining, heart, lungs, skin, blood vessels, hair, nails, all our organs and our hormones. In fact, we need to protect every single cell!

But losing strength creeps up silently. Long before we can’t get out of a chair or carry our groceries we are slowly “inflammaging”! Yes inflammation is running in the background - just humming along – and gradually worsening. Maybe you wake up feeling drained, your joints ache, training recovery slows or you always feel bloated; just a few signs of chronic inflammation and even tiny levels cause us to age prematurely!

A healthy metabolism is our best defence; permanently elevated Insulin combined with dysregulated Cortisol are key culprits of growing inflammation and it causes us to decay from the inside out! Initially it's just the odd day of feeling groggy, but slowly other changes appear; a puffy face, dull skin, an expanding waistline. Sleep and digestive issues may also become the norm, and all these symptoms cause you to feel increasingly irritable, exhausted and overwhelmed. Then add in sex hormone decline and you've just "poured gasoline onto the flames"!

Yet, when you seek medical help, you may be offered NSAIDS for pain, Omeprazole for heartburn or Metformin to lower your HBA1c. Possibly anti-depressants are suggested, or you'll be prescribed HRT – which, whilst helpful for some women, is no panacea! When nothing really works, and your waistline keeps expanding, then "the jab" – that's on everyone's lips these days - may seem like the only option left! But all these meds take you further away from yourself and diminish your power to intuitively care for yourself.

You begin to accept all your symptoms as a normal part of ageing, after all, many of your friends have similar woes. But then comes a "surprise" diagnosis; "how unlucky", you think. But this isn't bad luck; symptoms are clues and when we ignore or suppress them, then eventually our body gets really MAD and then

Wanna avoid an inflammation crisis and remain badass strong?

Then let me show you how to build a strong, resilient body from the inside out. Learn how to radically reset your metabolism and address root causes of inflammation so you can reclaim your energy and rekindle your love for this "One Wild and Precious Life".



THE DETAILS:

Over 5 weeks we'll explore the key drivers of metabolic decline, including the roles of inflammation, hormone fluctuations, physiological and psychological stress. You'll learn:

- How to balance blood sugar so you're no longer at the mercy of sugar-cravings
- What causes metabolic decline and how to turn the tide!
- The pros & cons of fasting – we'll "unpack" current fads and look at the science
- Dietary and movement approaches to losing body fat, NOT muscle
- Why food timings DO matter
- Dietary shifts to improve energy, motivation, sleep, mood and immune function
- Why eating less and moving more WILL cause you to gain weight!
- The long-term adaptations driven by Low Energy Availability (LEA)
- The health risks associated with Relative Energy Deficiency in Sport (REDs)
- Foods/nutrients & botanicals to boost metabolism and combat inflammation
- Which adaptogens & botanicals can support your body as hormones fluctuate
- What supplements you need (or don't)
- How to work out the protein requirements for YOUR body
- Protein viability of different food sources.
- Nutrition strategies that are crucial for Muscle Protein Synthesis (MPS)

I'll be delving into specific fitness approaches and showing you how to become more intentional when it comes to how you train, rest and refuel. We'll discuss Sprint Interval (SIT), High Intensity (HIIT) and Cardio training as well as weight-lifting and I'll explain the role each can play in managing fitness longevity.

We will also look at specific health challenges including alterations to the gut microbiome, poor histamine clearance and reduced gut motility, because GI issues are more than just a nuisance, they prevent us from getting the nutrients we need to stay strong.

Who is this for?

This programme is for you if you're already active and invested in your own wellbeing. You will be curious and keen to uplevel your health and fitness with science-backed nutrition and lifestyle interventions. You also want to understand how changing hormones impact multiple body systems and learn how to work with your changing body, not against it. You are looking for up-to-date advice - that you can trust - so you can confidently challenge outdated approaches to female health care.

Who is this not for?

This programme goes way beyond step-by-step guidance and will provide the knowledge required to make informed health-care decisions. It's not suitable for anyone wishing to simply follow a diet plan. My **10-day Clean & Restore Programme** will be a better choice if you'd like to focus on your day-to-day meal plans without delving into the science.