



A NEW YOU

A PERSONAL MENTOR PROGRAM

with a microbiome test



Is it time for **A NEW YOU?**

This program is for you, if you have symptoms or illnesses that negatively affect your life. It is for you, if you are tired of treating your symptoms with pills, supplements and treatments. It is also for you, if you are determined to get to the root of your problems and let your body heal itself naturally.

So are you ready to rebuild your body from the inside out and create a new version of you? If yes, then I am happy to help you do it.

This personal mentor program runs over 6 transformative weeks, where you work closely with me, Louise Koch. We will use 'The natural method' to bring your body back to balance using diet and lifestyle interventions that are supported by the latest research into the human gut microbiome. By using a tailored diet and a microbiome gut test we target specific bacterial problems in your intestines, so that you can restore a healthy microbiome and get well naturally.

Louise Koch



WHAT YOU GET

in this mentor program



A NEW YOU!

TRANSFORM

your body from within

During the program we will work on getting to the root of your problems instead of treating the symptoms. The goal is to help your body produce the right substances and in the right amounts, so that you can have the life and health you dream of. It will be the start of a new you, where you slowly but surely heal yourself from the inside and out. It is not an instant quick fix but a steady rebuild that you can continue afterwards on your own.

The diet we use is optimized to gently manipulate the bacteria in your gut microbiome back to a healthy balance, which naturally lowers the amount of inflammation and toxins, and optimizes the production of the really important anti-inflammatory short-chain fatty acids.

The diet will consist of whole, unprocessed fruits and vegetables (raw and/ or cooked) and will be based on the results of your microbiome test. You will transition into the diet slowly week by week and here is exactly what you get:

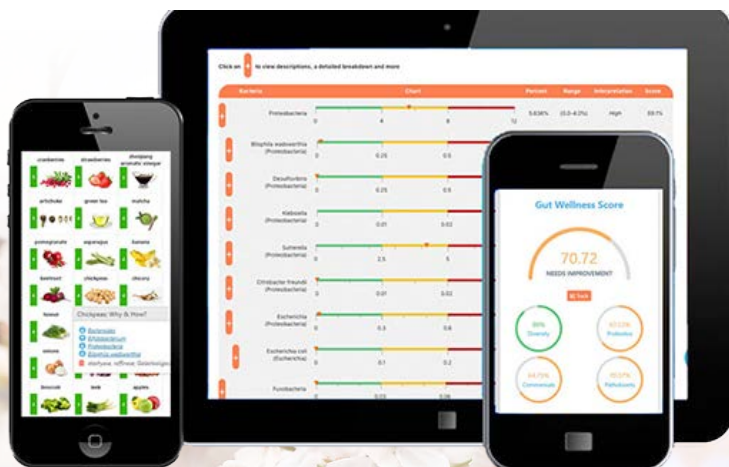


A 16S MICROBIOME TEST

With diet recommendations

The program is built around the results of a 16S DNA microbiome stool test, which you take before you start the coachings sessions. The test will show the state of your bacterial microbiome in your colon, and when the test results come back, we introduce specific foods and herbs based on your test results. (Until then, we make a general approach regarding diet and lifestyle).

You will be able to see the results online as well as in a personal report and a video walk through, that I will prepare for you.



YOUR PERSONAL REPORT

and plan of action

When your test results are in, I will review them and create a detailed report (pdf) with a clear plan of action for you. The report gives you both an overview of the general condition and diversity of your microbiome, as well as a clear 'to do' list with your top 5 focus areas. In addition, it also shows:

- Which bad bacteria that produce toxins, and how to lower them
- Which good bacteria you need to increase to lower inflammation
- What you need to eat to increase your short-chain fatty acids
- Which herbs and foods that can lower possible bad bacteria
- Lists of food items that will work best for your specific gut
- and much more

The report will highlight the areas that you need to improve the most and which may also be the main drivers behind your symptoms.



PERSONAL COACHING WITH

Louise Koch

You will receive 5 weekly coaching sessions with me on Zoom, where we go through everything together. I will help you understand your test results and how to implement the diet step by step.

Everything will be tailored to you and your specific health situation including your challenges and dietary preferences.

My goal is simply to make the process as easy for you as possible, so that you are never in doubt and always know exactly what to do and why.

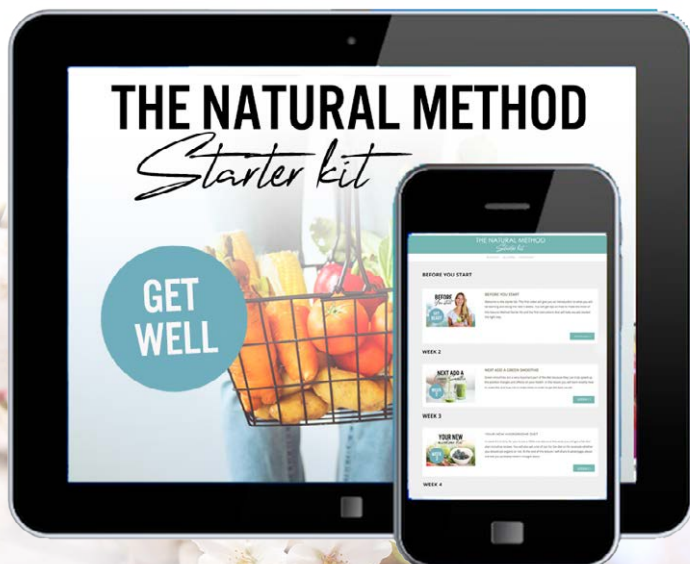


The Natural Method **STARTER KIT**

To make it even more easy for you, you will also get access to The Natural Method Starter Kit. In it you find a lot of resources in the form of e-books, transitioning guides, videos and recipes that you can download and save to your device.

Amongst other things you will get these 5 e-books:

- Raw Health Transformation
- Green Smoothies for Health
- Healthy 80/10/10 Raw Food recipes (Simple raw recipes)
- Goodbye Cravings (Low fat gourmet raw recipes)
- Raw till 4 (Healthy cooked vegan recipes)





SHOW YOURSELF LOVE

Without a well-functioning body, your life is on hold. But when you chose do something good for your body, like healthy conditions and the right nourishment, it can flourish and repair itself way more than you think.

You deserve to feel good, and only you can make the decision to make it happen.

So, are you ready to take the next step and get to the root of your symptoms?

TRANSFORM

your health naturally



If yes, then book a free 15-20 min. strategy session on Zoom with me. Then we'll find out if this 6-week personal mentoring program is the right match for you.

In the program, you'll get everything you need to transform your gut microbiome and optimize your health naturally. You'll get:

- A 16S DNA microbiome test (incl. £50 discount (excl. shipping))
- A report analysing your test results incl. a step-by-step plan (pdf)
- A video walk-through of your test results
- Access to all your test results online
- 5 x 45 min. personal coaching with me on Zoom
- The Natural Method Starter Kit with resources, e-books, guides etc.
- Support and help in my private Facebook group

\$ 853

Can be paid in 3 instalments.



Free

BOOK YOUR FREE SESSION NOW