



# 4-Month Personalised Gut Health & Digestive Support Programme

£250 per month | 4-month commitment

If you are experiencing bloating, digestive discomfort, food sensitivity, sluggish energy, or feeling heavy after meals – including symptoms often labelled as IBS or GERD – this programme offers structured, steady support to help you restore digestive strength and rebuild foundations from the root upward.

This is a personalised, food-focused Ayurvedic health coaching programme designed to nurture a healthy gut microbiome, improve daily ease, and create sustainable digestive rhythm.

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## Who This Is For

This programme is suited to individuals who:

- Want to strengthen gut resilience naturally
- Want repeatable structure that integrates into their daily life
- Are looking for a container to carry and guide them through steady and consistent growth, rather than a once-off and static approach
- Need a consistently personalised plan that adjusts as they adjust
- Are ready to make consistent, supported dietary and lifestyle changes

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## How The Programme Works

### 1. Free Opening Consultation

A no-obligation call to explore your digestive concerns and readiness for change, and to clarify what would be required of you, to feel if you have capacity.

### 2. Initial 60-Minute Session

We explore your health history, eating patterns, digestive symptoms and Ayurvedic constitution (dosha). And we respect your capacity, to create a plan that integrates gently with your daily responsibilities.

You receive a comprehensive analysis and clear roadmap of your healing pathway.

### **3. Monthly Coaching Sessions (30–45 Minutes)**

Each month we review your experience and track progress, reflect on patterns, observe areas of both improvement and resistance, and adjust your plan accordingly to offer maximum support, building steadily from the foundations we set in Month 1.

### **4. Personalised Plan**

You receive ongoing analysis and feedback with a continually updated and customised plan, including:

- Tailored meal guidance and seasonal food suggestions
- Personalised recipes aligned with your constitution
- Dosha-specific (according to your constitution) teas and Ayurvedic spice recommendations
- Shopping guidance
- Cooking & Eating schedules and rhythm
- Lifestyle adjustments and simple practices to support digestion
- Symptom tracking and body signals
- After each consultation, clear next steps for the month ahead

*Each month builds on the previous one, allowing your system to adapt gradually rather than being repeatedly reset. As your symptoms shift and your routine stabilises, your meals, remedies, schedules and practices are adjusted to match where you are.*

### **5. Ongoing Support**

You have access to me via WhatsApp between sessions for guidance as you implement your plan.

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## My Approach

### What it blends:

- Traditional Ayurvedic principles
- Insights from modern research into the Gut Microbiome and its link to Mental Health, Immune System Resilience and Nervous System Regulation
- Food and Spices as everyday medicine

### How it Feels:

- Digestive awareness
- Rhythm and routine alignment
- Gentle, sustainable lifestyle recalibration that meets you according to your capacity

## Commitment & Investment

**£250 per month | Minimum 4-month commitment**

This structure allows time for digestion to recalibrate gradually and in safety. It protects the process from urgency and allows steady, sustainable change.

*Payment plans available on request*

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## Frequently Asked Questions

### **Is this a medical service?**

No. This is holistic health coaching based on Ayurvedic principles. It does not replace medical advice or treatment.

### **Do I need prior knowledge of Ayurveda?**

No. Everything is explained clearly and practically.

### **How much time will I need each week?**

We start where you are, respect your capacity, and grow steadily from there. 2 – 3 hours per week is usually needed in the beginning to set foundations and habits. After that most clients spend around 2 hours per week implementing food and lifestyle adjustments.

### **Why is there a 4-month minimum?**

Digestive balance develops through gentle consistency. Four months allows meaningful change without stressing the nervous system through urgency. 4 months is also the minimum time required to gather meaningful data and to build reliable structure you can take away.

### **Can I continue after 4 months?**

Yes. Ongoing coaching is available if desired. And quite often it is recommended. At the end of 4 months you also have a repeatable guideline and template that you have already practised and implemented, so this is a takeaway you can build on – individually, or with further guidance.

[\*\*Click Here to Book Your Free Discovery Call\*\*](#)

