



# 4-Month Personalised Exhaustion & Low Energy Recovery Programme

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

If you are experiencing persistent exhaustion, waking unrefreshed, afternoon crashes, brain fog, low motivation, or a sense that your energy never fully returns no matter how much you rest, this programme offers structured, steady support to help you rebuild sustainable energy from the root upward.

This is a personalised, food-focused Ayurvedic health coaching programme designed to restore daily vitality, stabilise energy rhythms, and strengthen the foundations that support long-term physical and mental resilience.

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## Who This Is For

This programme is suited to individuals who:

- Feel consistently low in energy without clear clinical diagnosis
- Experience fluctuations in energy throughout the day
- Struggle with focus, clarity or mental stamina
- Want structured guidance rather than isolated advice
- Are looking for a container that supports gradual rebuilding
- Need a personalised plan that adapts as their capacity improves
- Are ready to make consistent, supported dietary and lifestyle adjustments

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## How The Programme Works

### 1. Free Opening Consultation

A no-obligation call to explore your current energy patterns, lifestyle demands 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, energy fluctuations, sleep rhythm, stress load, digestion, daily structure and Ayurvedic constitution (dosha). And we respect your capacity, to create a plan that integrates gently with your responsibilities.

You receive a comprehensive analysis and clear roadmap identifying the primary contributors to fatigue and the foundational adjustments we will begin with.

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

Each month we review your lived experience and track energy patterns, observe areas of improvement and areas that require refinement, and adjust your plan accordingly, building steadily from the foundations established in Month 1.

## 4. Personalised Plan

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

- Tailored meal guidance to support stable energy
- Personalised recipes aligned with your constitution
- Dosha-specific teas and Ayurvedic spice recommendations
- Shopping guidance
- Cooking and eating rhythm recommendations
- Lifestyle adjustments to support recovery and restoration
- Energy tracking and pattern awareness
- Clear next steps following each consultation

*Each month builds on the previous one, allowing your system to regain strength gradually rather than being pushed beyond its current capacity. As your energy stabilises and resilience improves, your meals, remedies and daily structure evolve to match your developing stamina.*

## 5. Ongoing Support

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

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# My Approach

## What it blends:

- Traditional Ayurvedic principles
- Food and spices as everyday medicine
- Insights from modern research into the gut microbiome and its influence on energy regulation, mental clarity and nervous system balance

## How it Feels:

- Increased awareness of energy patterns
- Gradual rebuilding rather than forced productivity
- Rhythmic, sustainable lifestyle recalibration
- Support that respects your current capacity while strengthening long-term vitality

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## Commitment & Investment

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

This structure allows time to identify energy patterns, implement stabilising routines and rebuild resilience gradually. It protects the process from urgency and supports steady, sustainable restoration of vitality.

*Payment plans available on request.*

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## Frequently Asked Questions

### **Is this treatment for chronic fatigue syndrome?**

No. This is holistic health coaching based on Ayurvedic principles and 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 begin at a level that respects your capacity and build from there. Most clients spend 2-3 hours per week initially to establish supportive routines, and around 2 hours per week once the structure becomes sustainable.

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

Energy restoration requires consistency. Four months allows meaningful patterns to emerge, sustainable habits to form and progress to stabilise without stressing the nervous system through urgency.

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

Yes. Ongoing coaching is available if desired. At the end of four months you will also have a repeatable framework that you can continue independently or refine further with support.

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