



eat feel heal

4-Month Personalised Inflammation & Immune Resilience Programme

£250 per month | 4-month commitment

If you are experiencing lingering fatigue that doesn't fully resolve with rest, recurring skin outbreaks, joint stiffness, brain fog, frequent minor infections, or a sense that your system feels reactive rather than steady, this programme offers structured, consistent support to help you reduce inflammatory load and strengthen resilience from the root upward.

This is a personalised, food-focused Ayurvedic health coaching programme designed to reduce inflammation, build immune strength, improve recovery capacity, and create sustainable daily rhythm that protects long-term vitality.

Who This Is For

This programme is suited to individuals who:

- Want to build immune resilience naturally, for the long-run
- Reduce and notice patterns of recurring inflammation or lowered resistance
- Want structured, repeatable guidance rather than isolated treatment
- Are looking for a container that supports steady progression over time
- Need a personalised plan that adapts as their body adapts
- Are ready to make consistent, supported dietary and lifestyle changes

How The Programme Works

1. Free Opening Consultation

A no-obligation call to explore your current symptoms, health patterns and goals, 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, inflammatory patterns, stress and recovery rhythms, digestion, lifestyle structure 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 outlining the primary contributors to inflammatory load and the foundational changes we will begin with.

3. Monthly Coaching Sessions (30–45 Minutes)

Each month we review your lived experience and monitor patterns, observe areas of improvement and areas that require further support, and refine 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 anti-inflammatory meal guidance and seasonal food suggestions
- 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 resilience
- Symptom tracking and pattern awareness
- Clear next steps following each consultation

Each month builds on the previous one, allowing your system to recalibrate gradually rather than being repeatedly reset. As inflammation reduces and resilience strengthens, your meals, remedies and daily structure evolve to match your current capacity and needs.

5. Ongoing Support

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

My Approach

What it blends:

- Traditional Ayurvedic principles
- Food and spices as everyday medicine
- Insights from modern research into the gut microbiome and its relationship to immune resilience and nervous system regulation

How it Feels:

- Increased awareness of inflammatory patterns
- Gradual stabilisation rather than abrupt change
- Rhythmic, sustainable lifestyle recalibration
- Support that respects your energy and capacity

Commitment & Investment

£250 per month | Minimum 4-month commitment

This structure allows time for inflammatory patterns to be observed, reduced and stabilised. It protects the process from urgency and supports steady, sustainable strengthening of your immune system.

Payment plans available on request.

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

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 begin at a level that respects your capacity and build from there. Most clients spend 2–3 hours per week initially to establish new foundations and habits, and around 2 hours per week once the structure becomes familiar.

Why is there a 4-month minimum?

Immune resilience develops through consistency. Four months allows time to identify patterns, implement change and build reliable structure without stressing the nervous system through urgency. It is also the minimum time-frame to gather reliable data for decision making.

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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