

The Eat Drink Live Well Method

Connecting the Dots to your Health

Hi! We're Emma and Caroline!

We're Functional Medicine Practitioners and Nutritional Therapists and we are the founders of the Eat Drink Live Well Clinic and creators of the Eat Drink Live Well Method.



The Eat Drink Live Well Method is a programme for high achieving, busy, professional women who are struggling with energy, brain fog and niggling health issues. Women like you, go-getters who do it all - and do it well - but who also feel increasingly burnt out and overwhelmed.

Our way works because unlike other programmes, it focuses on personalised root causes – we figure out together what has tipped the balance for you - and then we work out how to fix it.

We know this works because we have used these exact principles on ourselves and with hundreds of clients in the Eat Drink Live Well Clinic. We figure out what's out of balance through our step by step method and put it back into balance. Without overwhelm!

Feeling burnt out impacts our moods, our mental clarity and ability to cope with whatever life throws at us. But more than that - it also impacts our food and drink choices, our hormones and even our sleep, resulting in a whole cycle that just repeats and repeats.

It's really hard to identify where to even start no matter how much research you do. We see time and again women complaining of perimenopausal symptoms that are quite simply imbalances in the body that can be fixed.

But there is a different approach, which involves finding your root cause.....



**WE HELP YOU
TO FIND YOUR
ROOT CAUSE**

So that you can learn
how to regain control
of your health

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What is the Eat Drink Live Well Method?

It's a 12 week, online programme to help high performing, busy women regain control of their health without having to forever give up foods they love or spend hours in the gym.

The Eat Drink Live Well Method offers a step by step path to follow, with weekly group coaching and accountability calls to help you move forward.

In our 4 step programme we show you how to eat, drink and live well to support moods, to help you better cope with stress and to balance hormones, blood sugar and the immune system.

We help you to identify the root cause of your health symptoms so that you understand what needs addressing – and then where and how to intervene.

Then we spend time working on your gut – from fine-tuning your digestion to nourishing your microbiome and intestinal barrier and finally we turn to your mitochondria, super-charging the energy 'batteries' within your cells.

And we do all this without adding overwhelm to your already-busy life, with supportive 'what to do' worksheets, recipes and group coaching support and accountability each week.

All we ask is that you are open minded to a new approach, that you're willing to work with us and put some effort in, and a little time aside each week to do this. And that you're committed to making some changes. We don't believe there's ever a perfect time in life to focus on your own health and self-care - there is always something in the way. And that's why we recommend imperfect action, making a start. If not now, then when?

So if you're looking to finally put yourself first and to understand and address what's causing your health symptoms then the Eat Drink Live Well Method might be for you.

CLICK HERE

to book your Connect the Dots Breakthrough
Call to find out more

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What is included in the Eat Drink Live Well Method:

- Access through a private portal to your 12 week, online Eat Drink Live Well Method programme. Work through the material at your own pace and access worksheets, recipe bundles and action sheets to ensure that you make progress each week
- A Personalised Functional Medicine Timeline. Use this to track where it all went wrong so you can instantly start improving your energy and feel happier and in control of your health once and for all
- Lifetime access to all your resources. Come back time and time again to your content and resources so that you can create sustainable practices for life and rebalance those body systems that have been thrown out of balance.
- Full support and accountability throughout. Never feel like you're going through this journey alone when you join us on group calls, with over 12 hours of exclusive live group coaching. And be fully supported in our dedicated programme community in our private Eat Drink Live Well Method Facebook Group so you can be held accountable and receive ongoing feedback and support
- Bonuses including:
 - An Exclusive 'Rainbow Recipe' Meal Planner and Recipe Book
 - 'What to Drink' Recipe book
 - How to Grow your Own Food for Mood
 - Optional Supplement Bundle for purchase – inclusive of a complimentary 15 minute consultation to personalise this to you

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more