

**UNIQUELY
YOU
NUTRITION**

**MELISSA COOK-
CLINICAL
NUTRITIONIST**

**HEALTH
COACH**

**BREAKING THE
COMFORT -
CRASH-CRITIC
CYCLE
A GUIDE TO REGULATING
BLOOD SUGAR,
HORMONES &
EMOTIONAL EATING**

**YOUR GUIDE
TO WELLNESS
& VITALITY**



Know your worth
with my health
guide to take back
your control with
food

Melissa, Uniquely You Nutrition

Recent research suggests a staggering 80% of Australian women are unhappy with their bodies-due to their weight.

I am redefining the outdated, universal message of

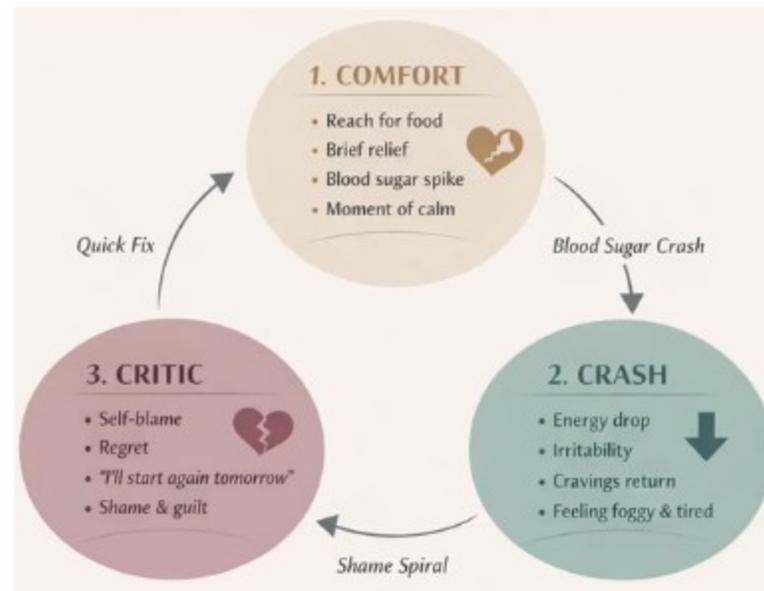
Eat less-Move more..for weightloss.

I lead sleep deprived, irritable, exhausted women out of survival mode and back to themselves. My clients come to see me feeling overwhelmed and confused on what they should be eating to lose weight and feel better in their clothes. They are sick and tired of all the diets and feel like they have failed when they put the weight back on.

My proven, scientific method has helped 100's of women reset their metabolism, all whilst optimising their nutrition for sustainable results.

When Food Becomes Comfort

There are moments you don't eat because you are hungry – but because you are tired, overwhelmed, or emotionally stretched. Food becomes relief. Not because you lack control, but because your nervous system is seeking safety. Comfort eating is not a flaw. It is feedback. When stress rises, blood sugar fluctuates, and cortisol increases, the brain searches for fast regulation.



“Evenings used to feel like a battle. Once my meals and stress were stabilised with Melissa’s program, the cravings softened.” disappeared, 41

Understanding Insulin Resistance

Insulin is a messenger that moves glucose into cells. When blood sugar is repeatedly elevated from excess carbs and sugar/pre packaged foods, cells become less responsive. The body produces more insulin, encouraging fat storage and intensifying cravings. Symptoms may include energy crashes, abdominal weight gain, brain fog, and worsening PMS.

You do not have a broken metabolism. You have a signalling system that needs recalibration.



The Blood Sugar Foundation

Blood sugar stability influences mood, energy, cravings and hormones. When glucose rises rapidly and drops sharply, cortisol rises to compensate. The body perceives stress – and drives cravings and hunger. Low protein meals, irregular eating and refined carbohydrates amplify this cycle. Portion control, meal timing and protein reduce sugar imbalance and hunger, reducing the feeling of HANGRY.



Testimonial

For years, I told myself it wasn't that bad.

I would say, I only had a little. I'll reset tomorrow. I just need more discipline.

But inside, I felt tired of fighting myself. I wasn't constantly overeating – but I was constantly thinking about food. Negotiating with it. Justifying it. Feeling disappointed afterwards. I felt embarrassed that something so 'simple' felt so hard. What surprised me most about working with Melissa wasn't just the food plan. It was how calm everything became.

Once my meals were structured properly and my energy stabilised, the desire for snacking went. I didn't feel desperate anymore. I stopped snapping at my husband. I stopped waking up promising to 'be good.' I lost 5kg over a 6 weeks – but more than that, I felt I was in control again.

I didn't realise how much shame I was carrying until it wasn't there anymore.

I feel like myself again."

– Anna, 54



Understand your symptoms

The first step in taking control of your health is understanding how your symptoms are impacting your life. Take a moment to reflect:

What are the top three symptoms you're struggling with right now? Maybe it's relentless fatigue, difficulty losing weight, or mood swings that seem to come out of nowhere. How are these symptoms affecting your daily life? Are they draining your energy, impacting your relationships, or holding you back at work? Imagine what life would look like if these symptoms improved. What would it mean to have the energy to thrive through your day, to feel confident in your body, and to enjoy life without feeling held back? These questions aren't just about identifying problems—they're about creating a vision for how good health can transform your life.

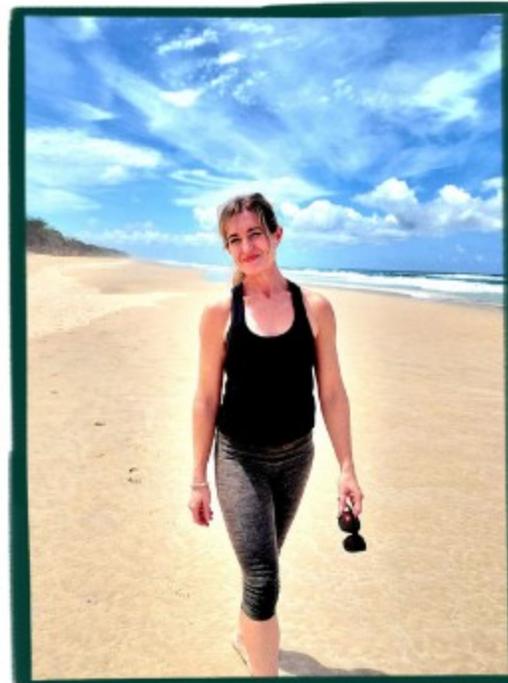


THE MISSING PIECE: A PERSONALISED APPROACH

Inside the Reset/ Regulate/ Reclaim programs...you will feel empowered with;

- Iron & thyroid optimisation
- Perimenopause recalibration
- Nervous system restoration
- Blood sugar stabilisation
- Stress + cortisol repair
- Understanding emotional triggers with food
- Create sustainable weightloss
- You receive frequent check in's, a 36 blood marker pathology test&your food plan

Book your FREE transformation discovery chat with Melissa



About Melissa

Clinical Nutritionist, Metabolic Balance Practitioner, Accredited Health Coach, Corporate Wellness Programs, Founder of Uniquely You Nutrition

I love Food! I think about it all the time, however I have created a lifestyle where I can keep my weight stabilised whilst enjoying life. I do this with my very personalised Reset/ Regulate and Reclaim programs.

I have experienced being overweight which is where my passion for weightloss started. I have worked for Weight Watchers as a wellness coach for 3 years, a Metabolic Balance coach for 5 years and a health coach. My personal story and expertise combines practical solutions with emotional support, creating hollistic changes long term.

