

# MyBodyBlueprint™

The **fatigue**, the **brain fog**, the **insomnia**, the **weight gain** - just not feeling like yourself. And honestly? Most of us, and most practitioners, were never educated properly about what's actually happening!

With MyBodyBlueprint's innovative testing techniques, we can assess whether you are predisposed to symptoms such as **hot flashes, autoimmune symptoms, or mood swings**. This knowledge empowers you to stay ahead of the curve. If you are currently experiencing these challenges (which can persist for years), we can assist you in recalibrating your own body blueprint to help you regain balance and vitality

## We help you reset your midlife future:

SO YOU CAN RECLAIM YOUR:

- Energy
- Mental sharpness
- Body confidence

...by understanding exactly what your body needs now.

**BOOK A 30 MIN**  
**COMPLEMENTARY**  
**DISCOVERY CALL**



THE **MYBODYBLUEPRINT™ MENOPAUSE METHOD™** - A PRECISION MENOPAUSE AND MIDLIFE OPTIMISATION PROCESS, GROUNDED IN GENETICS, EPIGENETICS, ADVANCED TESTING, AND PERSONALIZED LIFESTYLE DESIGN

If you've tried the doctor and trolled all the 'instagram experts', it's time to understand what your body is asking for- biologically.

**Curious about your personal blueprint?** Take the first step with a complementary private discovery call with our founder, Kim Cunningham.



Your body has  
a blueprint.  
We help you  
understand  
yours.