

ATHELUNE

The Athelune Signal Series

6 Guides to Help Women Understand What Their Body Is Telling Them.

The body communicates through signals long before serious problems appear.

Many women try to fix fatigue, poor recovery, or declining performance by pushing harder or eating “cleaner”.

Often the signals are simply asking for something different.

The Athelune Signal Series introduces some of the most common signals women experience when energy, nutrition, and training fall out of alignment.

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PROTEIN INTAKE SIGNALS

CONSIDER:

- DO MOST MEALS INCLUDE PROTEIN?
- DO MEALS KEEP YOU SATISFIED?
- DO YOU RECOVER WELL AFTER TRAINING?
- DO YOU FEEL FULL FOR SEVERAL HOURS AFTER EATING?

**PROTEIN INTAKE SUPPORTS RECOVERY, SATIETY
AND TRAINING ADAPTATION.**

UNDERSTANDING SIGNALS IS THE FIRST STEP.

THE ATHELUNE METHOD EXPLORES HOW TO INTERPRET AND RESPOND TO THESE SIGNALS IN MORE DEPTH.

LEARN MORE AT: WWW.ATHELUNE.COM