



The Anti-Inflammatory Method

12 WEEK COACHING PROGRAM

12 Weeks to Restore Your Energy, Balance Your Hormones

& Feel at Home In Your Body Again

You've been pushing through for too long, juggling work, family, and everything in between but your body's been whispering (or shouting) that something's off. Low Energy. Boating, Stubborn weight gain. Brain fog. Irritability. Mood swings, Anxiety.

You've tried the diets, the supplements, the workouts...yet nothing *sticks*. It's not a lack of willpower, its Inflammation. And it's time to address the *root cause*.

The **Anti-Inflammatory Method (AIM)** is our signature 12-week coaching program for women ready to reclaim their health, heal the chaos inside their bodies, and finally feel like themselves again. We combine science-backed strategies with compassionate real life support because health shouldn't be another job on your to-do list.

What You'll Learn & Practice

- Understand what inflammation really is and how it's silently impacting your energy, hormones, and mood
 - Heal your gut, blood sugar, and stress response so you can feel steady, clear, and strong
 - Use simple, sustainable nutrition approaches
 - Rebuild trust with your body: learn to listen, not control
 - Practice calming your nervous system so peace becomes your baseline, not a rare treat
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What You'll Get

- Weekly Guided Modules — bite-size lessons and actions designed for busy women
 - Expert Coaching & Support — live group calls, personalized 1:1 check-ins, and a private online community
 - Tools & Resources — meal templates, progress trackers, and mindset support to help you follow through
 - Accountability That Honors Real Life — no guilt, just guidance
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AIM Is

For You If...

- You're tired of feeling "off" no matter what you try
 - You want to understand your hormones, metabolism, and inflammation; not just mask symptoms
 - You're ready to stop chasing quick fixes and create lifelong wellness habits
 - You crave structure, guidance, and a safe space where you're not judged for being human
 - You know it's time to finally prioritize *you*
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You Don't Need Another Diet. You Need a Guide Home to Yourself.

We're Andrea & Nicole, sisters, moms, and certified healthcare professionals who've been exactly where you are. We created AIM to help women stop surviving in burnout and start thriving again with energy, confidence, and ease. Your body is ready to heal. You just need to give it the chance.

Let's Chat — Book Your Free Clarity Call Today.

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Andrea & Nicole | A&N Holistic Health