



The Anti-Inflammatory Method

12 WEEK COACHING PROGRAM

A 12-Week Program to Restore Energy, Reduce Inflammation & Feel Good in Your Body Again

You've been feeling off for a while—**low energy, bloating, stubborn weight loss, mood swings, brain fog**—no one seems to have answers that *stick*. You're doing your best, but nothing feels sustainable.

The **Anti-Inflammatory Method (AIM)** is a 12-week guided health journey designed specifically for women juggling full lives—work, caregiving, and everything in between—who are ready to heal from the inside out with science-backed support.

This isn't a diet or detox. It's a **sustainable approach to lowering inflammation, supporting your hormones, and finally feeling like yourself again.**

What You Will Learn & Practice

- What inflammation is *and why it's showing up in your life*
 - The role food, stress, sleep, and mindset play in your healing
 - Easy-to-follow weekly action steps
 - How to listen to your body and nervous system regulation tools
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What You Will Get

- 12 structured weekly modules
 - Resources and Tools
 - Coaching support: 1:1 check-ins, live group calls, and a supportive community
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This Program Is For You If

- You're exhausted by symptoms that don't go away
 - You're overwhelmed by conflicting health advice
 - You want to stop chasing quick fixes and build long-term wellness
 - You want a safe space where real life is honored, not judged
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As sisters, moms, and certified healthcare professionals, **we created AIM because we've lived this.** This isn't a diet. It's a homecoming.

Let's Chat First — Book a Free Call

xx Andrea & Nicole

