



CEO of Her Health

8 WEEK GUT RESET COACHING PROGRAM

An 8-Week Gut Reset to Reclaim Energy, Reduce Bloat & Feel at Home in Your Body Again

You're eating clean (mostly), taking your supplements, managing stress—but your gut still feels off. Bloating, gas, constipation, energy crashes... and nothing seems to stick.

You're not doing anything wrong. You just need a real, step-by-step plan that supports your gut, your hormones, and your stress—as a woman.

CEO of Her Health is an 8-week gut reset built for real life.

No extremes. No shame. Just a clear path to better digestion, more energy, and feeling like *you* again.

What This Program Will Help You With:

- Reduce bloating and inflammation
 - Supporting your gut-brain connection for better mood and energy
 - Learning which foods help (and which ones harm)
 - Improving sleep, stress resilience, and digestion
 - Developing sustainable self-care that *feels good*
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What's Included

- 8 weeks of 1:1 Check Ins + Private Coaching Group
 - Weekly “reset” tasks rooted in science + habit layering
 - Food and symptom trackers, mindset exercises, and meal templates
 - Ongoing connection to a community after your 8 weeks for continual support
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This Program Is For You If

- Your digestion is unpredictable and it's impacting your daily life
 - You're tired of bloating, fatigue, and the “start over Monday” cycle
 - You're ready to feel empowered, not overwhelmed by your health
 - Tried all the fad diets and band-aid solutions to reach your wellness goals
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We know how it feels to take care of everyone else while your own health takes a back seat. As sisters, healthcare professionals, and moms, we created this program to help you reconnect with your body in a way that feels doable, compassionate, and grounded in real-life support. You deserve to feel good again—and we're here to guide you every step of the way.

Curious if it's right for you? Book a Discovery Call

Love Andrea & Nicole