

# CYCLICAL FASTING

An **8-week 1:1 nutrition coaching program** developed to **support your biological female cycles** (if you enjoy intermittent fasting).

*Hormones rule us, and we rule the world. Now imagine you can **hack your hormones** in a way to transform into your **most confident self** and **feel fabulous all month long**. Here's how it works:*



# THE PROGRAM RUNDOWN

This 8-week nutrition coaching program is designed to help you hack your hormones and **feel confident, energised, and balanced throughout your cycle**. Based on the research of *Dr. Mindy Pelz*, combined with my expertise and trusted methods, this program supports biological female cycles while **incorporating intermittent fasting in a way that enhances health rather than disrupts hormonal balance**.

Cyclical fasting, when done mindfully, can help improve fertility, metabolism, and immune function, while also supporting conditions like PCOS, type-2 diabetes, depression, anxiety, brain fog, chronic fatigue, adrenal fatigue, thyroid disorders, and autoimmune conditions. It promotes hormonal balance by regulating insulin, balancing estrogen and progesterone, and protecting thyroid function. It also **supports metabolism and weight management** by **encouraging fat burning, reducing cravings, and stabilising hunger hormones**. Additionally, cyclical fasting **enhances gut health and digestion, boosts brain function** and mental clarity, and **promotes longevity and cellular repair** by **reducing inflammation** and **strengthening the immune system**.

This personalised program includes **three meal plans** – a low-carb ketobiotic, a higher-carb hormone feasting plan, and a flexible non-fasting day option – along with a **unique fasting schedule tailored to your specific goals and menstrual cycle**.

You'll receive **daily 1:1 coaching**, weekly **check ins**, and **ongoing support** via the mmacht.health app, *Whatsapp*, or *Telegram*, where I'll review your meals, provide feedback, answer questions, keep you motivated, and offer meal ideas or restaurant recommendations. Essentially, you'll have me as your **personal nutritionist by your side throughout the entire program**.



# IS THIS FOR ME?

Cyclical fasting can offer several health benefits for women when done mindfully. Since women's hormones are more sensitive to fasting than men's, a cyclical approach (*fasting for certain days of the week or adjusting fasting around menstrual cycles*) can be more supportive of hormonal balance.

Cyclical fasting is suitable for achieving **optimal health**, and **improving fertility and hormone balance**, and supports conditions like **PCOS, type-2 diabetes, depression, anxiety, brain fog, immune system function, chronic fatigue, adrenal fatigue**, and **thyroid and autoimmune conditions**.

## KEY HEALTH BENEFITS OF CYCLICAL FASTING FOR WOMEN

### 1. Supports Hormonal Balance

- Reduces insulin resistance by aiding in blood sugar regulation and preventing insulin spikes, reducing the risk of type-2 diabetes.
- Supports menstrual cycle regularity and can ease PMS symptoms by balancing estrogen and progesterone.
- Shorter fasts prevent stress-related disruptions to thyroid function.

### 2. Enhances Metabolism & Weight Management

- Encourages fat burning while preserving muscle mass.
- Helps reduce cravings and emotional eating by stabilising hunger hormones like ghrelin and leptin.
- Boosts metabolism when done in a non-restrictive way.

### 3. Improves Gut Health & Digestion

- Promotes gut lining repair and reduces bloating.
- Supports diverse gut microbiome for better digestion and immunity.
- Can help with IBS, leaky gut, and inflammation.

### 4. Supports Brain & Mental Clarity

- Increases brain-derived neurotrophic factor, which supports cognitive function and memory.
- Reduces brain fog, anxiety, and depression by stabilising neurotransmitters.
- Lowers the stress-hormone cortisol when paired with proper nutrition.

### 5. Supports Longevity & Cellular Repair

- Triggers autophagy, the body's natural cell-cleansing and repair process.
- Reduces oxidative stress and inflammation, which are linked to aging.
- Strengthens the immune system by enhancing white blood cell function.



# HOW TO SIGN UP & WHAT'S INCLUDED

**Get in touch** via the various channels on the last page of this document, stating your **full name, email address** and *Whatsapp* or *Telegram* **number**. You will then receive an invoice or online link for payment.

Once **payment** has been received, you will be sent an e-mail (*with the app download link too*) prompting you to **complete a detailed questionnaire**. With this information, your program will be created and sent to you with further instructions.

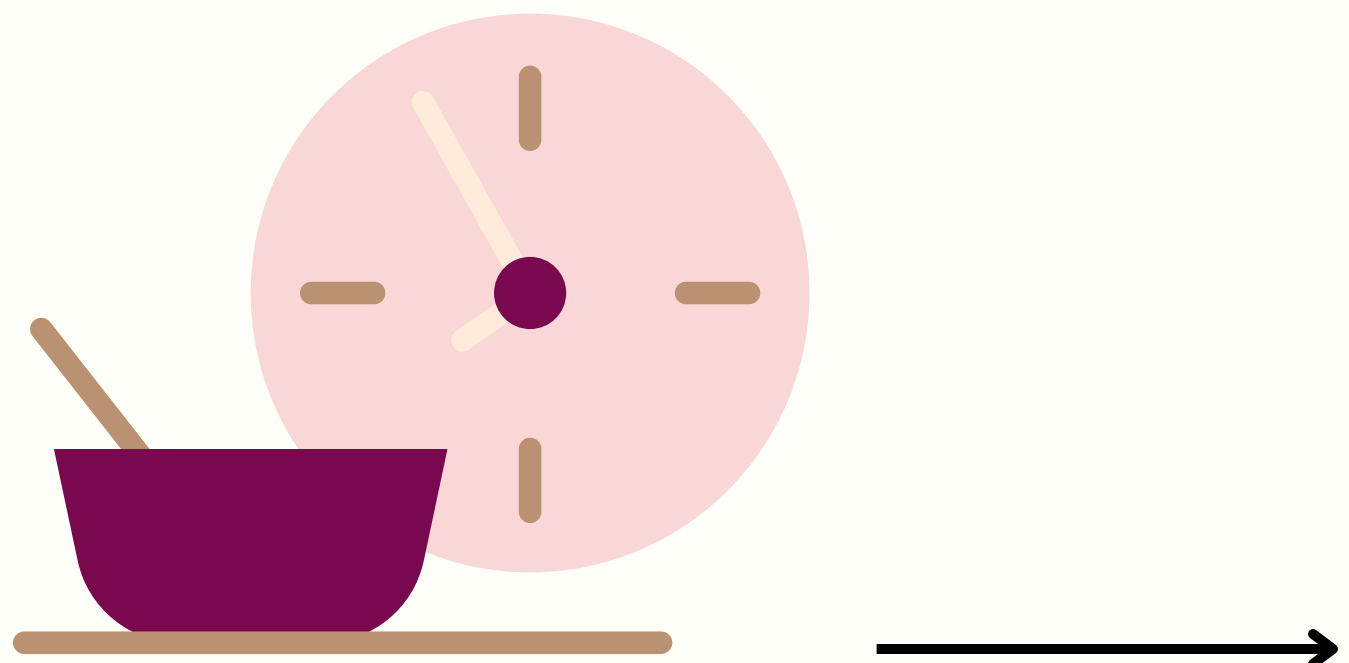
**Programs officially start on Mondays.**

## THE PROGRAM INCLUDES:

- **3x meal plans:** low carb ketobiotic, higher carb hormone feasting & a more flexible, all inclusive option for non-fasting days
- **unique fasting schedule** for your specific goals
- **daily 1:1 health coaching & weekly progress check ins** (*you will receive a reminder every Sunday evening*)

I will be available daily via the mmacht.health app messenger function, *Whatsapp* or *Telegram*, to provide support. This includes checking all your meals and giving feedback on these, answering any questions, motivating you, giving you ideas for recipes, helping you choose the best option from a restaurant menu, and so much more.

**Essentially, you will have me as your very own personal nutritionist by your side for the duration of your program.**



# YOUR INVESTMENT

**FULL 8-WEEK PROGRAM** including 3x meal plans,  
**daily 1:1 coaching & weekly check ins**

N\$2400 or €120

*Payment plan of 2x instalments available. Payment in all currencies possible via a secure online Stripe payment. N\$ can be paid via various Namibian payment channels.*

## **GET IN TOUCH**

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or send a DM via Instagram **@mmacht.bymeike**

**[www.mmacht.com/cyclical-fasting](http://www.mmacht.com/cyclical-fasting)**

