

*Clean Living Nutrition & Wellness*



Heal. **Balance.** Thrive

*The Clean Lean & Serene Method*  
**Health & Body Transformation Programme**

## Programme Overview

## **Introduction**

Welcome!

I'm so excited you're here! If you've found your way here, you are probably a lot like so many of my clients who are struggling with two of the most common side effects of chronic stress; weight gain and hormonal imbalance! You are determined to lose weight, tame those mood swings, boost your energy and learn how to handle stress more effectively. You understand that optimum health and sustainable weight loss comes from healing the body from the inside out!

You have spent what feels like your LIFE looking at a cupcake and gaining 4 lbs. Carrying food with you wherever you go in case you get hungry (and lightheaded, and really cranky). Fighting insane cravings for chips, or chocolate, or crackers and cheese. All while feeling less than great....perhaps experiencing energy slumps, morning fatigue, joint pain, inflammatory skin conditions, disturbed, restless sleep and brain fog.

It's what you suspected all along: diets don't actually work. Maybe you eat what you think is a healthy diet, but it may not be right for you. It's possible YOU PROCESS CARBS DIFFERENTLY.

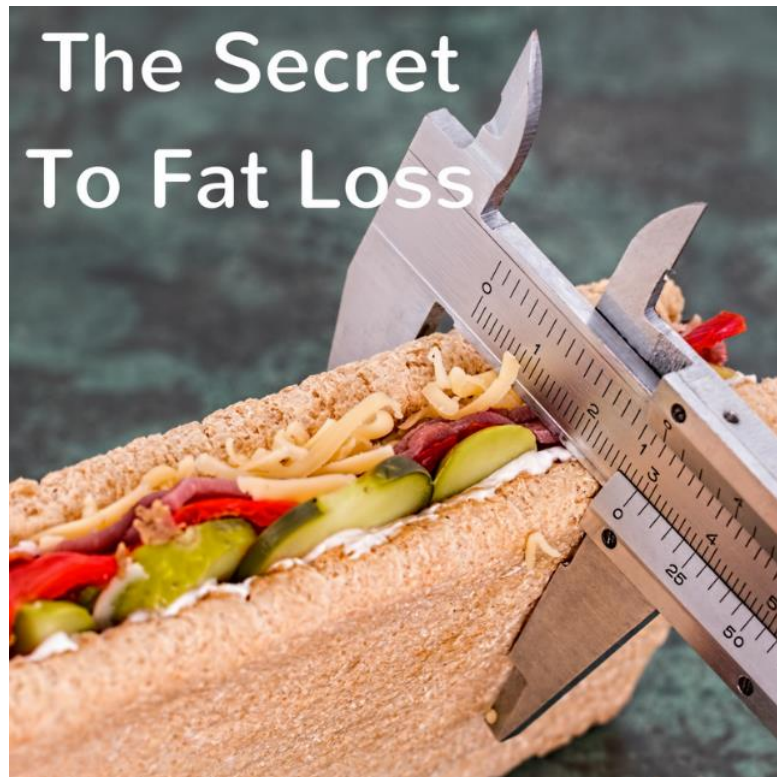
Well I've got great news! You have just stumbled across your long-term solution! A programme that follows a scientifically proven, step-by-step methodology for natural, sustainable fat loss that can ALSO be tailored to your OWN individual physiology and life circumstances.

The Clean Lean & Serene Method 12 Week Hormone Balancing Weight Loss Programme is designed for busy, overweight women struggling with middle-age hormonal imbalances caused by chronic, long-term stress and years of poor food choices or yo-yo dieting.

This programme is designed for women who are ready to give up on quick-fix weight loss supplements and extreme diets because they KNOW this only brings fleeting, short-term results and does not address all aspects of our physical and mental health.

This programme is for women are determined to uncover the underlying CAUSE of their weight gain and hormonal imbalances and are 100% committed to the process so they can heal the body from the inside out using a natural, personalised approach that gets long-term results.

This programme uses foods that simply work better for your body from a physiological standpoint. Stick with me, and you'll learn how to finally be able to **gain health, lose weight, strengthen immunity, improve your digestion, balance blood sugar, and balance your hormone levels** WITHOUT starving! For the first time, food won't dominate your thoughts all day long.



## Programme Focus

The Clean Lean & Serene Method teaches programme participants how to burn fat more effectively by regulating blood sugar and hormone levels.

Fat burning and fat storing are two different metabolic and hormonal states. Think of them as one-way streets. You can't be on both at the same time because they are mediated by hormones which are counterparts (this means when one is low the other is high and vice versa). This system teaches you to use the right macronutrients to burn fat instead of storing more.



## Benefits of the Clean Lean & Serene Methodology

Studies have shown that stabilizing blood sugar and hormones is more effective than the traditional low-fat diets when it comes to weight loss; or more specifically FAT loss.

Also, this way of eating results in lower and more stable insulin levels, which leaves you less hungry and prone to those late night carbohydrate cravings (they seriously disappear-I've seen it happen over and over and I'm still surprised every time).

From my personal experience, the big difference is that your meals really fill you up (in a good way). You aren't hungry for HOURS after you eat and therefore you naturally will choose to eat less food overall.

Of course, there are other huge advantages to this way of eating. There are cardiovascular benefits, as studies have found that triglycerides and HDL cholesterol have both improved in clients who have followed this methodology compared to a traditional low-fat diet.

Because this methodology works to improve and stabilise insulin levels and leads to fat loss, it also proves very beneficial for clients diagnosed with, or attempting to prevent Type 2 Diabetes.

And if that wasn't enough, studies have shown that rebalancing our natural hormonal state and promoting the body's natural fat burning potential has also shown health improvements in people living with or attempting to prevent certain cancers, Alzheimers, epilepsy, PCOS and heart disease.

Before the end of the 12 week programme, you can expect to experience a lot, if not all of the following benefits:

- You are no longer hungry all of the time.
- You can go 4 to 6 hours between meals with no need for snacking.
- Your body craves fat instead of sugar.
- You don't get 'hangry' anymore (irritable, irrational, etc).
- Your energy will increase and remain stable all day long (no afternoon crashes)



## **Module Outline**

Here's an overview of the programme modules so you can see what is to come in each week of the 12 week programme.

### **Welcome & Programme Prep**

- Creating a Mindset for Success
- The Principles of Fat Burning

### **Module 1**

- Managing Carb Cravings

### **Module 2**

- The Fundamentals of Macro Balancing
- How to Overcome Common Obstacles

### **Module 3**

- Hydration & Supplements

### **Module 4**

- How to Track Your Macros and Progress

### **Module 5**

- Introduction to Meal Planning for Fat Loss

### **Module 6**

- Personalising Your Meal Plans

### **Module 7**

- The Role of Intermittent Fasting

### **Module 8**

- The Importance of Stress Management
- Managing Emotional Eating

### **Module 9**

- Navigating the World of Restaurants and Eating On The Go



## Module 10

- Planning and Meal Prep Tips & Strategies for Consistency

## Module 11

- Detoxification for Optimum Hormonal Balance

## Module 12

- Progress Evaluation and Future-Proofing Your Maintenance Plan



## Who is This Programme For?

You are the perfect candidate for this programme if:

- You can't seem to get rid of your belly fat no matter what diet you try or pill you buy and you're crazy bloated.
- You want increased, sustainable energy that lasts throughout the day
- You want relief from nagging muscle and joint pain so you can live a life with no movement limitations.
- You are tired of the "brain fog" and want more clarity and focus
- You crave a deeper more restful sleep so you can start the day refreshed and can enjoy the day without nagging fatigue.
- You want relief from anxiety and worry over your health and want to take the necessary steps to build a strong immune system to help prevent chronic illness or disease in the future.
- You want it to be easy to figure out what foods you NEED to be eating going forward, and the ones you need to stay away from.
- You're sick of all the diet B.S. and you want to be empowered NOT restricted.
- You're sick of spending hours doing cardio and not seeing any results.
- You need accountability and support that doesn't end at the end of the 12 weeks!





### Programme Features:

- ⦿ 12 x weekly online coaching sessions
- ⦿ 12 x weekly recorded video tutorials for each module
- ⦿ Quick reference food guides to assist in your own meal planning
- ⦿ Educational strategy guides to help you implement your weekly tasks and overcome the most common roadblocks
- ⦿ Progress tracking aids
- ⦿ Troubleshooting Guide
- ⦿ 9 x meal plans (vegetarian/egg-free/nut-free options available)
- ⦿ All breakfast, snack, lunch & dinner recipes
- ⦿ Programme Completion Personal Health Assessment
- ⦿ Private 60 minute, 1-to-1 consultation at the end of the programme to assess your progress and set your maintenance plan.



### Programme Transformation:

By the end of the programme you can expect to experience most if not all of the following amazing health benefits:

- ⦿ Natural and sustainable fat loss
- ⦿ Abundant, youthful energy
- ⦿ Improved digestive health
- ⦿ Lower cholesterol
- ⦿ Lower blood pressure
- ⦿ Reduced inflammation and less aches/pains
- ⦿ Healthier, glowing skin, hair & nails
- ⦿ Improved self-confidence and a new healthy relationship with food
- ⦿ Sustainable energy & reduced fatigue
- ⦿ Reduced hunger and cravings
- ⦿ Motivated to continue because you won't feel deprived and it makes sense!
- ⦿ Stronger immunity and healthier overall - less colds & infections
- ⦿ Stabilised blood levels = less risk of chronic disease!
- ⦿ A newfound desire to LIVE YOUR LIFE TO THE FULLEST and to be PROUD of all you have accomplished!



**Testimonials:**

Re: The Clean Lean & Serene Method: Week 12 - You made it :) Here's what's next...



**Anna Marie Weber**

Sun, Nov 17, 9:19 PM (13 hours ago)

to RHN

Hello Joanne,

Your Clean Lean and Serene Method has been great to follow and it works. I am down 12lbs and still going. I want to lose 25lbs so I will continue on this plan until I have reached my goal. I feel much better thanks to you and this program. I'm not waking up in the morning feeling nauseous and having a sore stomach. I have lost all the bloating as well and feel so much better. I have tried other programs but nothing has work for me but Clean Lean and Serene Method has. Your support throughout this program was beneficial and much appreciated. You were always there for us and still are. Your advise was spot on and and we could relate to it. You also added some comic relief which was great. Thank you so much for sharing your knowledge and support. Your are amazing, wonderful and a god sent for people like us who have struggled to lose weight.

Thank you for letting me join the program. I will sing your praises as well as the Clean Lean and Serene Method.

Take care and thank you for changing my life for the better.....

Anna Marie Weber

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**Tanya Bishop**

November 11 at 12:37 PM

Hey [Joanne Willis](#). I wanted to let you know how grateful I am that you gave me this chance. I feel fantastic and everything is now coming together. Who knew that what you eat could make such a difference to how you feel. I am in a much calmer, happier place in myself and am so pleased that I can go to the supermarket and don't even think to go near the bakery and confectionery aisles. Today when I got my receipt ( all items from the produce aisle) I received a coupon for money off a salted caramel and chocolate profiterole ring or tart au chocolate and my first response was 'yuck' haha. Looking forward to learning more about xenoestrogens. Thanks for your help so very much appreciated. 🥰



5 Comments Seen by 5



Like



Comment



Buffer



**Anna Marie Young Weber** well said Tanya...I second that

Like · Reply · 5d



**Pia Odell**

September 16

Good Morning! Hope everyone is doing good and keeping motivated. I haven't had a chance to look at the week 3 info yet but will catch up after work - I may not make the live but will watch later this evening. Just wanted to share that for me this programme has been great! I am one of those that starts a diet everyday, does really well and then it goes to pot when I get home from work - I think I am what you might call a mindless eater! Having an awareness of what I need to eat and being motivated to stick to it has been key for me. Thank you! I have a Tesco's delivery coming today with some new ingredients so will be batch cooking over the next couple of evenings. Ooh and I am down 6 pounds and feel loads better in myself - its definitely a win win. Have a good week everybody!



2 Comments Seen by everyone





**Pia Odell**

September 6

Ooh another interesting point, having not had anything too sweet this week I was driving a 2 hour trip on my own in my husband's car yesterday and decided to eat one of his mints! Usually I would have scoffed the lot but it tasted horrible so I didn't have any more! 👍 Does anybody else feel their taste for things is changing? I'm surprised it would happen after such a short time? Xx



2 Comments Seen by everyone



Like



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👍 **Joanne Grant** Hi Pia - it is definitely starting to happen to me as well. I am now finding that fruit is tasting a lot sweeter - which is a good thing! 😊👍 x

Like · Reply · 10w



### **Invest with Confidence Guarantee**

Here's how the guarantee works:

Within the first 30 days of starting the programme, if you don't feel that the program is a good fit you can get a full refund and we will stop any future payments (if applicable). To be eligible for a full refund you must submit a completed food journal for 30 days to evidence you have been following the programme guidelines as set out and you must have attended and participated in at least 3 group coaching calls. If after you participate and do some of the work you feel like it's not a good fit, you can submit the work listed above within the first 30 days of the start of the programme and you will receive a full refund.



Ready to get started or find out more?

[Book your free clarity call here](#) to find out whether you are the perfect fit for this cutting edge program.

I can't wait to meet you and look forward to walking by  
your side on your recovery journey 😊

*Joanne* x

