

## Hormones cause weight gain in 75% of women. Could this be the reason you can't lose weight?

### Joanne's Story

"I was a size 18 and approaching my 40th birthday. Clearly I needed to lose weight. But how was I going to break the weight loss cycle – lose weight, gain weight and lose weight again? I was disillusioned with why I couldn't lose weight. I wanted a long-term healthy solution and I just knew that there had to be a reason why losing weight was so hard!

"I read about the MassAttack natural weight loss program in a parenting magazine. I didn't know much about naturopaths and the concept of a naturopath on line was a little strange, but hey I thought I'd give it a go. I called her up and chatted. It was always nice to call up and have a chat - I really felt supported.

"As a mum, running a household with three children and the family business meant I was flat out. The fact that Narelle's weight loss program was online made it really easy. I found that I could login and chat or reorder my nutrients once the kids were asleep and the support

*"It was always nice to call up and have a chat - I really felt supported."*

was fantastic. I guess that's it, if you feel good about yourself and are healthy you can be a better mum and wife.

### Losing weight naturally

"I was also a bit of a 'stress head' not sleeping well and a heavy smoker, something I knew my health could do without! I guess the biggest eye opener for me was that hormones were causing my weight gain and making weight loss difficult. Once I started eating the right foods for my hormones, the weight began to fall off.

"Getting on top of my health meant I had new energy. I was more motivated to exercise and began getting more out of the time I spent at work and with the children. I had loads of stamina to get things done. Most importantly, I felt that I had rediscovered myself and felt free."

*Joanne, Melbourne, VIC*



## **There is more to losing weight than eating less and exercising more**

So what's the secret to winning your weight loss battle?...Hormones! With up to 1000 possible combinations - no wonder you can't lose weight!

Once you join my program you will learn how you can prevent, reverse and overcome symptoms such as:

- Mood swings
- Low libido
- Insomnia
- Hot flushes
- PMS
- Period problems
- Fatigue
- Bloating & fluid retention
- Acne
- Headaches

Without addressing these, over time they can cause more complex health concerns and more unexplained weight gain, such as:

- PCOS
- Fibroids
- Endometriosis
- Menopause
- Thyroid imbalances
- Period problems
- PMS

The MassAttack Program:

- Identifies the hidden factors causing your weight gain.
- Corrects your metabolism using fresh foods, herbs and nutritional supplements.

- Provides you with a fresh, new outlook to your weight.
- Takes control of your weight by playing the game "smarter rather than harder".
- Helps you learn which foods improve your weight loss, saving you years of frustration on diets that just won't work for you.
- Rebalances, kick-starts and heals your metabolism.

## **How Do You Know What I Need?**

Our comprehensive health questionnaire is designed to uncover all of the symptoms that you are experiencing and ascertain which metabolic weaknesses and hormonal imbalances are causing them. You should also provide us with any additional information that you feel we should know.

You are encouraged to send us any results of tests that you have had in the past, even if the results say you are in "a normal range".

We will refer you for any further testing if necessary.

We invest a great deal of time piecing together your hormonal and metabolic profile based on your symptomatic picture as revealed in your questionnaire. This degree of focus ensures we get to the cause of the problem and implement the right strategy to correct these imbalances so you get results!

The MassAttack weight loss program is available for a **one-off payment of \$149\***. This naturopathic assessment fee is **rebateable from most health insurance funds**.

## What Do I Get For \$149\*?

### Your Assessment

A thorough assessment by a fully qualified naturopathic practitioner, identifying metabolic weaknesses and possible hormonal imbalances contributing to your weight gain. This is based on your completed health questionnaire. An explanation of our findings helps you understand the basis for suggested changes.

### Your Food Tables

Your recommended food tables tell you which foods are right for your hormonal and metabolic profile and which foods will make imbalances worse. There are no pre-packaged foods and we encourage the use of local, fresh produce.

### Nutritional Treatment Strategy

Your herbal and nutritional supplement recommendations to heal your body, minimise symptoms and kick-start your metabolism for weight loss. These recommendations are prioritised so you can fit them into your budget.

### 12 Weeks of Weight Loss Coaching

Over the first 12 weeks you will receive weekly 'motivational' emails based on cognitive behavioral therapy to support, motivate,

empower and inspire you to implement change. During this time we will prompt you to submit **progress reviews** and **diet diaries** at regular intervals so we can update your nutrient protocol and make dietary suggestions to ensure you get results!

### Continued Support Via Phone And Email

It's important for us to get to know you a little better and I encourage you to chat to us through our online messaging service. This service is especially useful if you are struggling in any way or need a little extra support. We will also call you to touch base and welcome you to call us at any time.

### Weekly Meal Planner

Each week you are able to download a meal planner to help you structure your meals. Planners are also available for vegetarians.

### 3 Free Group Personal Training Sessions

To help you get into the habit of regular, enjoyable fitness training, when you join my program you receive 3 FREE group personal training sessions valued at \$70 with Step Into Life®. Sessions are available Australia wide.

### Monthly Newsletter

Including recipes, articles and more...

### Bonus Cookbook

Your program includes one bonus cookbook to help you along the way. Additional books are available to purchase.

## Are There Any Ongoing Costs?

It is my aim to provide the most effective, accessible and affordable natural health care available on the market.

### Your Nutritional Treatment Strategy

We recommend a targeted nutritional and herbal strategy which is in addition to your \$149\* joining fee. With the average initial nutrient recommendation costing less than \$150 for a month's supply, natural health care has never been more affordable. Recommendations are prioritised so you can fit them into your budget and we ensure you are not taking other unnecessary supplements, saving you money.

We monitor your progress and adjust our recommendations as necessary, decreasing supplement levels as your weight and health improves. This ensures you are taking the safest, most effective and cost-efficient protocol for you. This monitoring service is included in your \$149\* joining fee and is valid for up to 12 months.

*NB: You are able to become a member without purchasing nutrients but for best results we recommend nutrients for the first 12 weeks of your program.*

**Save up to 40% on all your natural health products, including your prescribed nutrients, foods and beauty products!**

### Our Online Health Food Store

We have an extensive online health food store and supermarket where you can purchase your regular grocery items for up to **40% OFF** the recommended retail price, including:

- Organic foods
- Gluten free foods
- Cereals
- Natural beauty care
- Healthy treats

### Diet Diaries

We prompt you at regular intervals to submit a diet diary. These are valued at \$17.95 but are **FREE** for the first 12 weeks of your program and continue to be **FREE** if you are showing commitment and purchase regularly from our extensive online health food store and dispensary.

### Progress Reviews

As part of our ongoing commitment to you achieving your results, we provide an ongoing Progress Review service valued at \$29.95 each. This service is **FREE** if you purchase regularly from our extensive online health food store and dispensary.

### Cook Books

Your program includes one **BONUS** cookbook to help you along the way. Additional cookbooks are available to purchase and are delivered in electronic format to ensure they are affordable.

### Saliva Hormone Test Kits

These are an optional extra and not included in your program price. The option to purchase these is provided for your convenience.

## 4 Easy Steps to Success!

### Step 1

Complete your comprehensive Health and Hormone Assessment. A safe and proven method, it uncovers imbalances causing weight gain. It only takes 20 minutes, but may literally change your life.

### Step 2

Make your one-off payment of \$149\* and set up your personal login details. This naturopathic assessment fee is **rebateable from most health insurance funds**. Payment options include credit card, cheque, money order or direct transfer.

### Step 3

Your questionnaire is assessed and a comprehensive 40+ page Program Report is prepared based on your specific health profile.

### Step 4

Your results and recommendations are sent to you and include 12 months of free naturopathic support. You can access your program by logging into your patient file with your registered email address and password.

*\*\$149 fee is based on accessing the program online. An offline postal option is available for a fee of \$179 to cover printing.*

## Award Winning Health Program

When you choose to work with MassAttack, you are accessing some of Australia's most talented and dedicated naturopaths.



As part of my commitment to delivering the most up to date and current research, my program was independently reviewed by both the Australian College of Natural Medicine and the Federation of Natural & Traditional Therapists Ltd.

It was found that MassAttack delivered an excellent treatment approach to the practice of naturopathy, delivering a strong sense of ethical practice and responsibility.

This is why I was granted the **ANPA Professional Excellence Award** - because I am devoted to delivering the highest possible standard of natural health care to Australian women.

Yours in good health,

*Narelle Stegehuis*  
♡♡

Narelle Stegehuis  
ND ANPA  
Founder & CEO  
Healthy Nature Pty Ltd



Begin today by logging onto

[www.massattack.com.au](http://www.massattack.com.au)

and completing the online Health and Hormone Assessment  
or phone **1300 133 536**

## As featured in

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