

revive

Health . Hormones . Wellbeing



HEALTH
HORMONES
WELLBEING

WHY HORMONE HEALTH MATTERS

As a woman in perimenopause or menopause, you might feel like your body & mind are going through unexplained changes. This is due to the hormonal shifts we go through in this stage of life which can bring on challenges like:

- **Hormonal Imbalances:** Leading to hot flashes, night sweats, and mood swings.
- **Sleep Disturbances:** Struggling to get a restful night's sleep due to insomnia or night sweats.
- **Weight Management:** Unexplained weight gain, especially around the abdomen, can be frustrating.
- **Emotional Wellbeing:** Increased feelings of stress, anxiety, or even depression.
- **Energy Levels:** Persistent fatigue that affects daily activities & productivity.
- **Bone and Heart Health:** Hormonal changes can also impact bone density & cardiovascular health.

It's easy to feel overwhelmed or alone in this process, but you don't have to face it on your own. At Revive, we're here to help you take control of these challenges with natural, holistic solutions that work for you & empower you to thrive—not just survive—during this transformative time in your life.

HOW CAN WE HELP?

Whether you're looking to:

- Balance your hormones
- Manage your weight
- Increase your energy
- Manage stress
- Improve your sleep
- Live a more balanced life

We are here to guide you every step of the way & help you manage the vast array of symptoms that women experience during perimenopause and menopause through natural & holistic approaches.

Let's work together to create lasting changes that will empower you to thrive in every aspect of your life.

“EMPOWERED
WOMEN EMPOWER
THE WORLD”

HORMONE HEALTH COACHING FOR **WOMEN IN PERIMENOPAUSE & MENOPAUSE**



JEANINE JAAFAR *Integrative Nutrition Health Coach,
Hormone Health Specialist*

Hello, I'm Jeanine, an Integrative Nutrition Health Coach and graduate of the Institute of Integrative Nutrition (IIN) in New York. Specializing in hormone health, I'm dedicated to supporting **women in perimenopause & menopause** to achieve their ultimate vision of health & wellbeing through a **holistic approach** that considers all aspects of life not just food.

WHAT WE OFFER?

At Revive, we offer an Integrative Nutrition Health Coaching Program **designed exclusively for women navigating perimenopause & menopause**. This comprehensive **three month program features six personalized sessions**, each thoughtfully crafted to guide you toward optimal health & wellbeing. Whether your goal is to enhance your overall health, discover effective ways to implement lifestyle changes, follow specific doctor recommendations, or focus on a particular aspect of your wellbeing, we provide a **supportive & non-judgmental space** for you to share your thoughts & feelings freely & transparently.

Together, we will address your concerns through practical solutions, empowering you to thrive in all areas of your life.



**EMBRACE
THE *CHANGE***

*with strength
& wisdom*

PROGRAM BENEFITS



- **Personalized Coaching:** Each session is tailored to your unique needs and goals, recognizing that there is no one-size-fits-all solution.
- **Comprehensive Support:** Gain access to valuable resources, practical strategies & expert guidance.
- **Holistic Approach:** We address all aspects of your health, including nutrition, lifestyle, stress management, exercise, sleep hygiene & mental wellbeing.
- **Sustainable Changes:** Develop lasting habits & routines that support your long-term health & wellness.





YOU DESERVE TO FEEL YOUR BEST



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GET STARTED, REACH OUT AT
WWW.REVIVE-YOU.HEALTH
TO BOOK YOUR FIRST CONSULTATION!