



Health & Wisdom Essentials for Women

Presented by Annika Ek, Functional Nutritionist and Wisdom Coach

How to Experience Anti-inflammatory Eating + Living and a Consistent Wisdom Practice while Supported by Compassionate Coaching and Your Tribe of Women.

- Are your efforts at eating and living healthy inconsistent and are you confused by how do it right?
- Are you spiritual or follow a religion and would you like to develop, or deepen, a consistent wisdom/spiritual practice for more reliable inner guidance and deeper connection?
- Do you feel a calling to share your gifts and have a positive impact in the world?

Health & Wisdom Essentials for Women is an immersive experience that show you how to make life choices with ease that will support you at all levels of your being (physical, mental, emotional and spiritual) so you can have the positive impact in the world you are called to have.

Features: In this program you will get access to:

- 6 x 1-hour **Live Classes** where key concepts and supportive material is presented. Access to recordings of live classes. Live participation is encouraged.
- 7 x 1-hour **Live Group Coaching Calls** to make sure you are able to implement the curriculum in your own life. Live participation is encouraged.
- **Workbook** and **Supporting Material**
- **Invitation to Community** for ongoing **peer support** and **accountability** between classes and coaching calls.
- Access to **New Course Material** as the program evolves in the future.
- Ticket to **join the live course again next time it is offered**, since we are often ready to go deeper the second time around.

BONUSES:

BONUS 1: Membership in **TrulyU Women's Circle for a full year** following the end of the class so members can solidify your progress and build upon it. This bonus is available to everyone who is an active participant in the program and show up for themselves and each other. (value \$297)

BONUS 2: **15% Discount on Professional Grade Supplements** and a **free 30 min consultation** so Annika can help you find the supplements that are best for you. (value \$99)

BONUS 3: As an **Inaugural Member** you will receive **20% Discount** on **all upcoming programs**, including annual renewal of **TrulyU Women's Circle** after one year if you decide to stay in the circle.

Outcome - By the end of this program you will:

- Know how to eat and live anti-inflammatory in way that fits your body, your lifestyle and your goals.
- Have a consistent wisdom practice that will increase your trust in yourself, have a greater sense of connection and more agency in your life.
- Be part of your tribe of women to continue the journey with.

Who this program is for?

- This experience is for women who are ready to show up for themselves and their tribe so they can be their best and have a positive impact in the world.

Who this program is not for?

- This program is not for those who are looking for a quick fix, or those who are not ready or able to show up for themselves and the other women in the group.

Logistics: Course starts on **Tuesday October 13, 2020 at 12 noon ET** *NOTE: first class is 90 min so the framework can be presented.* Classes will be online via zoom calls on **Tuesdays and Thursdays at 12 noon ET**. The **TrulyU Women's Circle** community is hosted on a private platform free from tracking and algorithms.

Price: Regular Price \$497, Pilot Pricing **\$297**.

One or Two Pay: One payment \$297 OR two payments of \$169 USD. First payment upon registration, second payment 4 weeks later.

All prices in USD. Applicable taxes additional.

As a Pilot Student you will:

- You will have more access and support to me than possible in the regular course due to small class size.
- Be co-creating this course, able to ask for the material you need to progress.

I ask that you:

- Show up with an open mind and ready to take action.
- Show up live for classes and coaching.
- Are active in the community and support your peers.
- Give feedback and testimonials if you are satisfied.

Money Back Guarantee: Withdraw after second class.

Course Outline

- Introducing the HWEW Framework

HEALTH

- Why Anti-inflammatory?
 - The role of inflammation
 - Inflammation; the good, the bad, the ugly
 - Inflammatory foods and food sensitivities
- Women's Health
 - Autoimmunity and women
 - Women and hormones
 - Women and alcohol
- Functional Foundation
 - Epigenetics
 - Basic Supplementation
 - 5 Pillars of Health
 - Diet & Hydration
 - Cravings and other Obstacles
 - Sleep & Relaxation
 - Movement & Nature
 - [Home] Environment
 - Relationships & Community
- Macronutrients
 - Carbs vs Fiber
 - Fat
 - Protein
- Fluid Functional Cooking
 - Formulas vs Recipes
 - The Healthy Kitchen

WISDOM

- What is Wisdom?
- The Rising Feminine
- Good Vibes, Bad Vibes
- Women under the Patriarchy
- Transforming Trauma
- Women Speaking Spirituality
- Aligning with the Elements
- The Moon and the Feminine
- Portal Practices
- Mystical Core of Religions