

Optimal Health Programs

Exciting and powerful health improvement and weight stabilisation program based on the Low GL way of eating made popular by reknowned nutritionist and author Patrick Holford. It will educate and motivate you to change and improve your body, your health, and your well-being for good. Proven coaching methods and tools are incorporated to help you overcome barriers that frustrated your efforts before and will inspire and empower you to reach your goals.

The Program Includes

- A health assessment
- Weekly (or monthly sessions)
- Nutrition education
- Breakthrough coaching to help overcome psychological barriers and ensure long-term success
- Support materials and booklets
- 4 weeks of menu plans
- Food diaries, menu planning tools, progress trackers, tips on eating out, healthy cooking methods and daily success formulas
- Supplement recommendations
- Online members forum



WHAT CLIENTS SAY?



"I worked with Laura Mussell for 3 months and am absolutely delighted with the results. I wake up refreshed and energised, I don't have any more bloating and I've lost weight.

Laura is professional and so easy to approach with any and all ailments. Her help is simple and attainable with easy to follow steps."

Tracy



"Despite knowing a fair amount about nutrition, Laura's nutrition consultation and supplement recommendations have helped me greatly. I have, so far, survived my full-time MSc and PT work without failing at the end of the week."

Christle



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