

The 21 Day Hormone Reset Program

SAY GOODBYE TO THE:

- mood swings
- stubborn pounds
- spare tire
- night sweats
- fatigue
- hair loss

Sign up Today!

On Line Program with Kathy DePalo-Mooney





My name is Kathy DePalo-Mooney, I also am a National Academy of Sports Medicine certified Personal Trainer Women's Fitness Expert, and certified Nutritionist .

I attended the Institute for Integrative Nutrition where I became a certified Health Coach and a Gut Health Specialist.

I have been working out for 33 years, despite being diagnosed with Lupus six years ago. It has slowed me down but has not stopped me.

I have helped hundreds of women transform their bodies. I help women over 40 lose 20 pounds while eating carbs, enjoying their favorite foods and doing short effective workouts in the privacy of their own home or gym.

Visit my website for more programs and free stuff!

kathydepalo-mooney.com

[Get your free guide 5 Steps to detoxify your hormones](http://www.kathydepalo-mooney.com/hormone-reset)

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What's Included in the Program..

29 Page Guide on the
Program

Recipe Guide with
Over 60 Mouth Watering
Recipes
Omnivore &
Vegetarian Available

21 Days of Shopping Lists
21 DaysOf Suggested Meals

Hormone Self Test

Eat & Don't Eat Food List

Endocrine Disrupters
Handout




Handouts on Roadblocks
to Recovery



A Food Diary



Weekly Support from me



Access to a
Free Facebook Group
With Other
Women Like You
In The Program



Bonus #1 A Free 30 Minute
Session Post Strategy
Session With Me



Bonus #2 Smoothie Guide For
Glowing Skin

*Sign up
Bonus*

5

Smoothie
Recipe
Guide



Investment in Yourself

You Get The Whole
21 Day Program &
Two Bonuses

Only \$197

Visit my Website

kathydepalo-mooney.com



I would love for you to become a member of my
free Facebook Group

"The No BS Fitness & Fat Loss Group For Women Over 40"

Each week there are challenges, workout videos,
monthly recipe guides, suggested meal plans and more!

I would love to have you as a member.



You can join here.
See you in the group

