

## FATIGUE FREE IN 30

Want to be full of energy, wake rested and keep that energy going all day, with no dips or crashes?



Learn how to make the most of your energy through nutrition and lifestyle. Ditch the brain fog, poor sleep and low mood and get energised and motivated!

### What's in it for you?

I have worked with hundreds of women either through my 1-2-1 work or group programmes. What they all have in common is being midlife and constantly frazzled. They don't live life, they just get by – giving all their energy to work and family then crawling to bed, often lying awake, tired yet wired. I'll say to you what I have said to them; you cannot pour from an empty cup and you must put in the effort to start living your life. No one else can do that but you.

Introducing my fatigue free in 30 programme, starting on 6<sup>th</sup> January 2025.

### So, what have past clients said about my programmes?

## Wild Apple Fatigue Free in 30 - 30 day group programme



### Is this challenge for you?

Yes, if you are:

- Tired of always being so bloody tired
- Juggling work, family with no extra energy for you
- Prediabetic or have a family history and want to eat to manage blood sugar
- Catching every cold going
- Needing to sleep in the day
- Wanting healthier habits but the advice everywhere is conflicting and overwhelming
- Sick of not feeling your best
- Ready to take charge and make consistent changes and get the life you want

I need this! [Book me in now](#)

### How I want this transformation to work for you

Imagine you've taken the plunge, put your faith in nutritional science and worked with me and this new group. How will this increased energy effect your life? Results I have seen range from:

- Increased confidence
- More time in your day
- Relying on your memory again and far greater recall of words, names, why you started a sentence and what you went upstairs for (brain fog is no joke!)
- Balanced hormones and an easier perimenopause transition
- Stable mood and better relationships

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- More time for yourself and what brings you joy
- Freedom from fatigue and the ability to soar in life

### What's my story and why do I care so much about fatigue?

I understand you; I was stuck in chronic fatigue too...

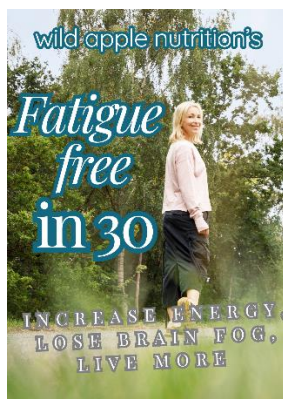
All I can remember in life is being tired. Missing out as a child and teen on lots of fun activities, **working and sleeping most of my life**, feeling despondent every time the **GP told me I was 'fine'**. I thought this was just how I was, until I had had enough and saw a Nutritional Therapist myself. Fast forward 15 years and I am now a **trained, clinical Nutritional Therapist** and whilst I am certainly very susceptible to fatigue, **I know how to eat and how to live my lifestyle to make sure that I don't fall back to where I was**. And you know what? I'm happy. I have the **head space** for my own business, my lovely clients and building a career whilst still having the **energy to be there for my children and husband**. I also fit in doing things for me, **just for the joy of it**. This was almost inconceivable 15 years ago.

I made a lot of mistakes along the way. Whilst I was sure nutrition would help; I went down pathways that only compounded my fatigue. I won't call them all out but let's just say faddy diets, low fat, low carb, keto, intermittent fasting – most of these work well with men and **not women**. They can indirectly drain you. I needed to work with someone **who cut through the nonsense and went with evidence based, proven ways to eat for energy**. And it's so simple! Who knew?

Yes please, [book me in](#)

### What is included in this challenge

#### What you get with Fatigue Free in 30



## Wild Apple Fatigue Free in 30 - 30 day group programme

When you join Fatigue Free in 30, you get all the **knowledge, support** and **practical tips** you need to manage your blood sugar effectively and start benefit from better energy, resilience, sleep and maybe even weight loss. You also get a **community** – people on the same journey as you, sharing tips, celebrating wins, sharing those hard times. There is **great power in community**.

### Overview:

- Access to a **private community** over Facebook and Zoom where you can ask me questions, get feedback and embrace the community support of like-minded people
- Pre-recorded webinar masterclasses -
  - 'How what you eat manages your energy'
  - 'What should be on your plate'
  - 'How stress impacts energy'
  - 'Sleep – how to make it restorative'
- 'Fatigue Free in 30' Recipe Book
- Live coaching calls, accountability calls and Q&A's every single week. (11am Tuesdays and Thursdays likely, tbc)
- Handouts to support what we are learning
- Cheat sheets for when you eat out
- Daily Facebook posts with tips, motivation and accountability
- Questionnaire to plot your progress

**Learn how to make the most of your energy through nutrition and lifestyle. Ditch the brain fog, poor sleep and low mood and get energised and motivated!**

I need this! [I'm booking.](#)

### What I can promise you won't get:

- NO faddy diets
- NO counting calories
- NO pseudo-science
- NO missing out
- NO more overwhelm over what to eat
- NO more waking up tired
- NO more missing out on life
- NO more brain fog
- NO more snapping at family as you are so damn tired
- NO more putting yourself last

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### Here's how it works

Learn about and start to incorporate the most effective nutritional recommendations to turn your health and your energy around. With my knowledge and my clinical experience with fatigued clients, I take you through easy-to-understand science about that is going on with your fatigue and how to change it.

I don't micro-manage your food for 30 days then leave you: you will go away from this programme with a **clear understanding** of how to eat to **stabilise your energy, support your immune system, nourish your gut and your body and maybe even lose a few pounds**. These new habits are for **life** and will see you into a healthier and fitter life.

[Book the Special Offer Founder's Early Bird rate!](#)

### Case Study from my last programme - shared with permission (Spring Health Reset)

Last Spring a midlife Mum and business owner joined my Spring Health Reset two week group programme as she was **constantly exhausted** and had had enough. She was amazed how she felt at the end of the two weeks and since then has continued with the recommendations I make for balancing blood sugar. The tweaks were so **easy** once she got going, she said it felt like she was cheating her way to better health! Since last April, she has got herself **out of the prediabetic range**, has enough **resilience** to work in the US and UK and flit between the two as well as keep up a social life. Small, consistent changes can create a MASSIVE impact, and they don't just impact you, **they impact your family, your work, your friends**.

### Bonus

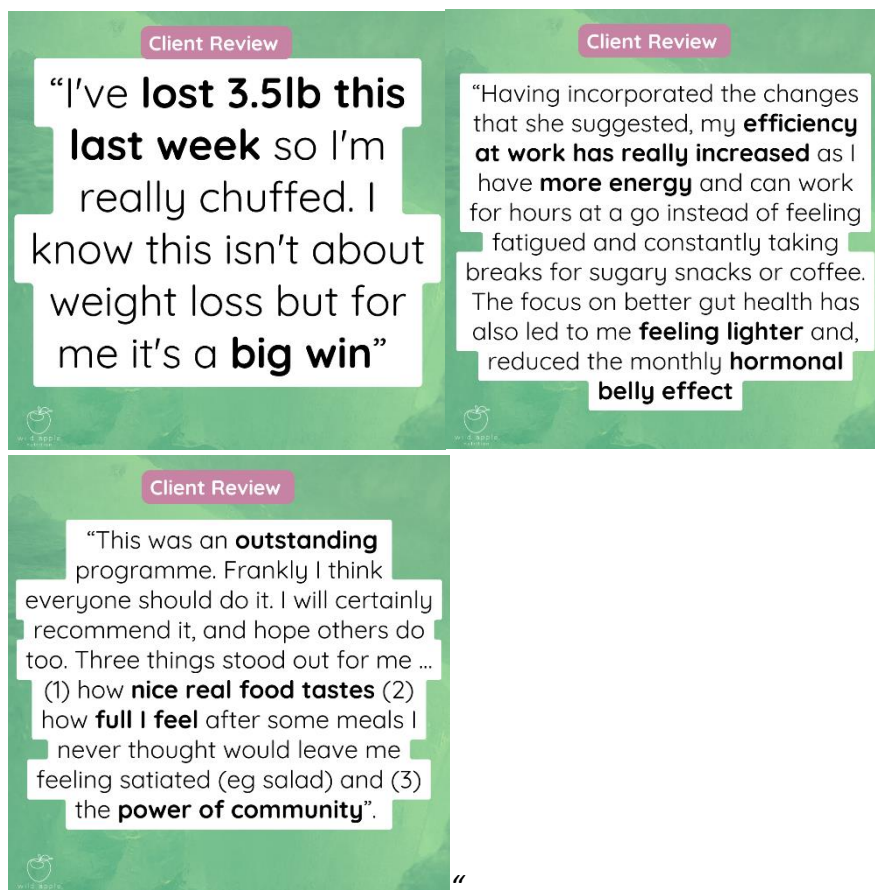
- Book **now** at the Early Bird Founders rate of £275 (before 14<sup>th</sup> December) and also get a free 30 minute follow up two weeks after the course end.

### VIP option

If you want a little more, you can get the VIP option which includes 2 x 45 minute 1-2-1 sessions for an additional £250 where we can discuss your personal goals in more detail. Message me directly for this [gemma@wildaplenutrition.co.uk](mailto:gemma@wildaplenutrition.co.uk)

### Previous Programme Feedback:

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### Your investment

Book in right now at the Special Offer Early Bird Founder offer of £275. This offer is ONLY available until 21<sup>st</sup> December and then it will go up to the Founder Special Offer price of £350. The next intake will be £750 and this low offer is **only for the first time I run the group in this format**, starting January 6th [BOOK NOW](#)

### FAQ

**Q: Do I need to cook a lot? I don't have a lot of time.**

A: Nope. I try to make it as **easy as possible** so that you aren't in the kitchen or the Farm Shop every two minutes. The lessons you will learn should be for life, allowing you to have a life! I will help out with ideas for quick family meals, meals on the run and meals out. **I want this to be sustainable**, but there will need to be some changes.

**Q: Do you give me a 30-day menu plan?**

A: No, I give recipes for inspiration, and I go through how you should build each plate. I want you to eat like this for life, so learning what works easiest for you and your family from the

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get-go gives this a better chance. This is not a faddy diet and you'll easily understand what you should be eating. The group always shares ideas and I'm here, every day, to help.

### **Q: When are the live calls and how do I log in?**

A: They will be Tuesdays and Thursdays at 12pm and I will put a Zoom link up on the private Facebook group. They aren't mandatory but they are a valuable part of the programme for coaching and live Q&As.

### **Q: What if I have social arrangements – do I need to start again?**

A: Absolutely not. Life is for living. Whilst I always encourage an 80/20 rule, if you follow it 100% you *will* see results more quickly. However, this will be more reflective of real life and I can still help you to make healthier decisions when you are out. And help you get back on track if you don't.

### **Q: What if it doesn't help or I don't enjoy it?**

If you've tried the recommendations and seen no improvement, then I will offer a free 1-2-1 to drill down on what that is and what could be going on. I really want this to work for you.

### **Q: Have you had much success with this?**

A: I have. I have worked with hundreds of people in my groups and the feedback has been phenomenal. This is the first 30-day programme, and I can guarantee it will be even better than my previous 7-, 14- and 21-day programmes.

### **Q. Is this a nutrition challenge that lasts 30 days?**

No. This isn't about dieting hard for 30 days then going back to normal. We will take 30 days to go through the whys and hows of eating and living for your best energy. It's all about the journey. These lessons are designed to keep you going forever and encourage healthier choices consistently that translate into a greater health span.

[Book me in!](#)